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"Find a way to tell the truth"

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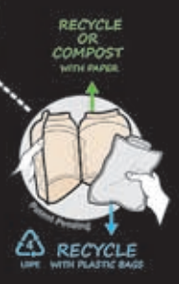

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Cover design by Kris Kozak.

Siegfried Gursche 1933-2013

Our cover this month honours Siegfried Gursche, long acknowledged as the "Father of the natural health movement in Canada." As the founder of *alive* magazine, Flora, Teldon and Alpha Health Products, Siegfried's accomplishments are innumerable and have created enduring impact in the world of healthcare. Siegfried passed away on October 2. He will be missed.

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A sanitary revolution in the works

It's time for healthcare to wash its hands of Big Pharma's influence

Charles Delucena Meigs (1792-1869) was a very well regarded American obstetrician with some very strange ideas. He might be best known for saying anaesthesia was not appropriate for women in labour because, he reasoned, it contravened the laws of God. His enlightened perspective on the sanitary practices of his own profession, however, is what makes him most unforgettable. In the 1840s, he quite famously said, "Doctors are gentlemen and gentlemen's hands are clean" and he showed a vocal contempt towards anyone who suggested doctors could be hurting patients through slovenly sanitary practices.

When childbirth was beginning to be institutionalized, women were encouraged to give birth at newly created maternity hospitals where the finest medical technology of the day could be used to extract the child from the womb. The problem was these new large maternity wards had intolerably high death rates.

In fact, puerperal fever (or childbed fever), a bacterial infection that often infected women during or after childbirth, was frequently fatal. This fact was not lost on a young Hungarian obstetrician named Ignaz Semmelweis, who, in 1846, was appointed to the Vienna Maternity Hospital, the world's largest at the time, with two maternity clinics. Semmelweis discovered the death rate among birthing women was nearly 20 percent in the clinic staffed by doctors and medical residents and about three percent in the clinic staffed by midwives. What was going on?

Nobody really knew. Women were assigned at random to either ward as they arrived to give birth so Semmelweis hypothesized it was something the doctors were doing that was leading to such carnage. Since the doctors spent their mornings doing autopsies and their afternoons examining women and delivering babies, he thought they must have been carrying something deadly on their hands, which he called "cadaverous particles." When he instituted a program requiring the physicians to wash their hands in a chlorine solution after performing autopsies, the death rate on the doctors' ward plummeted to the same level as it was with the midwives.

What happened next is the most interesting part of the story. Was Semmelweis embraced as a hero? Celebrated as a medical genius? Promoted and respected amongst his peers? Absolutely not. He was reviled, challenged, ridiculed and, worst of all, ignored. By all accounts, the outspoken obstetrician wasn't a master of diplomacy, but the reaction of his profession was legendary. They felt it was inconceivable that respectable gentlemen physicians could be responsible for killing their patients. At age 47, Semmelweis died alone and shunned in an insane asylum.

It took a long time for the medical profession to adopt Semmelweis' idea of aseptic measures in medicine even though others, such as famous poet and physician Oliver Wendell Holmes, were coming to similar conclusions at about the same time.

With some things, orthodox medicine is notoriously slow to change. Sometimes a slow evolution of medical practice is a good thing; at other times, a revolution is required, especially in cases where it becomes obvious that certain practices are killing patients.

Today, medical practice has embraced Semmelweis' advice. Sanitary measures are part of the bedrock of medical care (even though some research shows it is still a challenge to get doctors and nurses to wash their hands). There is, however, an overwhelming need for another type of revolution in sanitation – not concerning germs, but rather the risks and harms of infected (financially conflicted) medicine.

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*Reference: Anti-Influenza virus activities of commercial oregano oils and their carriers. Journal of Applied Pharmaceutical Science 2012; 02(07) 214-18.

Every day in the world of pharmaceuticals, we see potentially harmful, conflicted medicine. Drug company influence seems to be everywhere: shaping the definition of diseases and the writing of prescribing guidelines, funding political campaigns, inserting themselves into the education of our doctors, carrying out research that only gets published when it paints the drug in a good light, paying for ghost-written articles in medical journals and on and on. To top it all off, we have TV drug advertising and the drug industry's support of astro-turf patient groups, all of which shape and distort peoples' expectations of drugs.

The worst, and perhaps most avoidable harm, revolves around the marketing of drugs directly to doctors, as more than half of our physicians have frequent contact with drug industry sales people. Industry representatives will tell you their strategy of plying doctors with food, flattery and friendship is a thing of the past and I will state, point blank, they are lying. That is, and has been for a long time, the dominant business model used to get your doctor to use new drugs.

I do, however, sense that a revolution is in the works. There are a growing number of modern-day medical rebels who are alarmed at the system we have and calling for a new one.

One such rebel is Danish physician Peter C. Gotzsche. In his new book, *Deadly Medicines and Organised Crime: How Big Pharma Has Corrupted Healthcare* (Radcliffe, 2013), he says that "virtually everything we know about drugs is what the companies have chose[n] to tell us and our doctors…" In his opinion, although our doctors are very knowledgeable about some things, such as human physiology, which is vital in treating patients, "They know very, very little about drugs that hasn't been carefully concocted and dressed up by the drug industry."

His book is a damning indictment of modern prescribing where he musters the chutzpah to say Big Pharma is basically another form of organized crime. Gotzsche names names and points to the long rap sheets of many of the world's major pharmaceutical companies, listing their nefarious activities of all stripes, including kickbacks, extortion, fraud, buying politicians, pressuring bureaucrats and health policymakers as well as corrupting doctors and specialists.

Gotzsche writes that the third major cause of death in the modern world today, after cancer and heart disease, is pharmaceuticals. Fortunately for us, some medicines are also very useful in keeping us healthy and well – such as insulin, asthma medication or painkillers, but when any drug is used inappropriately, he reminds us they can "kill us on a horrific scale."

Pharmaceutical companies are among the most powerful and lucrative corporations on the face of the planet and they have become that way by medicalizing the ups and downs of normal health – convincing people there is a pill for every ill – and operating under a business model that leads to the overconsumption of drugs for almost everything.

Like Semmelweis, Peter Gotzsche and many others are calling for a sanitary revolution. The only way to clean up medicine once and for all is to get all those decision makers to wash their hands of the drug industry. It's a simple plea: stop being bribed and seduced by organized crime.

All this bribing and seducing can create blockbuster drugs, as well as blockbuster disasters. In 2004, the pharmaceutical company Merck withdrew the drug Vioxx from the market. That one drug alone, on the US market for only five years, was responsible for more American deaths than all the American soldiers killed in the Vietnam war. And this was a drug for arthritis!

So what is a patient to do?

Just as patients today are getting more assertive and asking their doctor if they've washed their hands (of germs), do we need to go further and ask our doctors what they are doing to cleanse themselves from the bias and corruption delivered by the pharmaceutical industry?

It's clear that our collective health is being harmed by far too much inappropriate prescribing. Our doctors, as our allies, have to accept not all hands are as clean as they would like to think and if patients are dying from unseen cadaverous particles, they need to do something about it.

November 16: **Alan Cassels** speaks at the TEDx Victoria event about the emerging world of sanitary – unbiased and unconflicted – medicine. At the McPherson Playhouse. http://tedxvictoria.com/

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GMO BITES

Mexico bans genetically engineered corn

A federal judge has ordered Mexico's government departments to immediately "suspend all activities involving the planting of transgenic corn in the country and end the granting of permission for experimental and pilot commercial plantings." Mexico is the world's centre of corn diversity.

To read about what this victory means, visit http://www.grain.org/article/entries/4725-hands-off-our-maize-resistance-to-gmos-in-mexico

Groups in Mexico had stated, "We reject the whole GE maize paradigm as a direct attack on over 10,000 years of stewardship of native maize; on the agricultural and subsistence strategies of peoples and communities; on Mexico's food security and sovereignty; on free and autonomous food production from native, patent-free, non-genetically modified seeds and on public health."

An October 10 press release with a Mexico City byline announced the banning of genetically engineered corn in Mexico. According to the group that issued the press release, La Coperacha, a federal judge has ordered Mexico's SAGARPA (*Secretaría de Agricultura, Ganadería, Desarrollo Rural, Pesca, y Alimentación*), which is Mexico's Secretary of Agriculture, and SEMARNAT (*Secretaría de Medio Ambiente y Recursos Naturales*), which is equivalent to the EPA, to immediately "suspend all activities involving the planting of transgenic corn in the country and end the granting of permission for experimental and pilot commercial plantings."

The unprecedented ban was granted by the Twelfth Federal District Court for Civil Matters of Mexico City. Judge Jaime Eduardo Verdugo J. wrote the opinion and cited "the risk of imminent harm to the environment" as the basis for the decision. The judge's ruling also ruled that multinationals like Monsanto and Pioneer are banned from the release of transgenic maize in the Mexican countryside" as long as collective action lawsuits initiated by citizens, farmers, scientists, and civil society organizations are working their way through the judicial system.

According to the press release, Acción Colectiva [Collective Action] aims to achieve absolute federal declaration of the suspension of the introduction of transgenic maize in all its various forms – including experimental and pilot commercial plantings – in Mexico, "which is the birthplace of corn in the world."

This ruling marks a milestone in the long struggle of citizen demands for a GMO-free country, acknowledged Rene Sanchez Galindo, legal counsel for the plaintiffs in the lawsuit, adding that the ruling has serious enforcement provisions and includes the possibility of "criminal charges for the authorities responsible for allowing the introduction of transgenic corn in our country."

Father Miguel Concha said the judge's decision reflects a commitment to respect the Precautionary Principle expressed in various international treaties and statements of human rights. Concha emphasized that the government is obliged to protect the human rights of Mexicans against the economic interests of big business. The lawsuit seeks to protect the "human right to save and use the agrobiodiversity of native landraces from the threats posed by GMO maize," said the human rights advocate.

The class action lawsuit is supported by scientific evidence from studies that have – since 2001 – documented the contamination of Mexico's native corn varieties by transgenes from GMO corn, principally the varieties introduced by Monsanto's Roundup Ready lines and the herbicide-resistant varieties marketed by Pioneer and Bayer CropScience. The collection of the growing body of scientific research on the introgression of transgenes into Mexico's native corn genome has been a principal goal and activity of the national campaign, *Sin Maíz, No Hay País* [Without Corn, There Is No Country].

From Canadian Biotechnology Action Network (CBAN), www.cban.ca

Scientists and academics outraged over World Food Prize award to Monsanto and Syngenta

There is no scientific consensus on the safety of genetically modified foods and crops, according to a statement released [October 21] by an international group of more than 90 scientists, academics and physicians.

The statement comes in response to recent claims from the GM industry and some scientists, journalists and commentators that there is a "scientific consensus" that GM foods and crops were generally found safe for human and animal health and the environment. The statement calls these claims "misleading," adding, "This claimed consensus on GMO safety does not exist."

"Such claims may place human *continued p.10…*

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Going gluten-free

Has the staff of life become a pain in the gut? It would seem so for a growing number who have difficulty with the protein complex that is present in wheat, spelt, kamut, rye, barley and triticale. About one percent of the population has celiac disease, an extreme autoimmune reaction with gastrointestinal (GI) damage, requiring the complete elimination of gluten.

No microscopic breadcrumb can be left on a cutting board and commercial rice milks, sweetened with maltase's action, must be avoided because the enzyme's origin is barley. Others, often children, have true allergic reactions, generally in the lungs, throat or GI tract, to one or other of the specific proteins in wheat. A greater number have the less severe non-celiac gluten intolerance; some do best by completely avoiding gluten; others tolerate small amounts.

In both the celiac and non-celiac intolerance conditions, symptoms typically affect the GI system, causing abdominal pain, cramping, bloating, diarrhea and constipation. Reactions can include depression, foggy mind, sleepiness, ADHD-like behaviour, autism, joint pain, muscle disturbances, osteoporosis, leg numbness, migraines and sinus problems. Due to poor nutrient absorption, iron deficiency anemia – with fatigue, weakness and lack of concentration – can result. These symptoms can have many causes and the average time between onset of symptoms and diagnosis of celiac disease in North America is 10 to 12 years.

Although humans have eaten gluten-containing grains for centuries, celiac disease incidence has quadrupled in the past 40 years. The change seems to have occurred because most wheat today has been bred and engineered for greater yields and more gluten, which gives dough elasticity. We are changing the strains of wheat faster than our bodies can adapt.

If you think you may be sensitive to gluten, it is wise to rule out celiac disease and wheat allergy first; there are lab tests for these, though not for non-celiac gluten intolerance. If these tests are negative, you can go on a gluten-free (GF) diet for two to four weeks and see if your symptoms improve. If they do, it is a good indication of gluten intolerance. To double check, you might feast on gluten-containing products for a day and see if symptoms return.

Some with intolerance find sprouted grains or grain products acceptable. Oats may or may not be problematic; in North America, many are processed on machinery that also handles gluten-containing grains and become contaminated, whereas in Europe, oats processed in GF facilities are more readily available.

In the obesity-ridden, developed countries, various "low-carb" advocates urge consumers to shun carbohydrates in favour of meat-centred diets, claiming that carbohydrates are at the root of all health evils. In fact, carbohydrates should be viewed from two perspectives. It's wise for anyone to avoid refined starches and sugars *and* to opt for the carb-containing whole grains and legumes (beans, peas, lentils) that help stabilize our blood sugar levels.

> Most wheat today has been bred and engineered for greater yields and more gluten, which gives dough elasticity. We are changing the strains of wheat faster than our bodies can adapt.

Even if gluten is not an issue, it makes sense to vary the whole grains you select. Each differs in nutrients, phytochemicals and fibre so variety provides a good balance of protective factors. There's no need to rely on super-expensive, highly refined GF products. There are excellent GF Nature's Path products and fine local baked goods. Include quinoa, amaranth and buckwheat in your mix; all are GF. See next month's column for holiday recipes.

Vesanto Melina is a registered dietitian and author. Her new **Becoming Vegan: Express Edition** (by Davis and Melina, http://becomingvegan.ca/) is an excellent gift for vegans. **The Food Allergy Survival Guide** provides outstanding nutrition information and recipes, free of all top 8 allergens. For consults: 604-882-6782, vesanto.melina@gmail.com.

... ***GMO Bites*** *from p.8*

and environmental health at undue risk and create an atmosphere of complacency," states Dr. Angelika Hilbeck, chairperson of the European Network of Scientists for Social and Environmental Responsibility (ENSSER) and one of the signatories.

"The statement draws attention to the diversity of opinion over GMOs in the scientific community and the

The World Food Prize was awarded to employees of the GM seed giants Monsanto and Syngenta. This award has provoked outrage worldwide.

often contradictory or inconclusive findings of studies on GMO safety. These include toxic effects on laboratory animals fed GM foods, increased pesticide use from GM crop cultivation and the unexpected impacts of Bt insecticidal crops on beneficial and non-target organisms," Dr Hilbeck continues.

In spite of this nuanced and complex picture, a group of like-minded people makes sweeping claims that GM crops and foods are safe. In reality, many unanswered questions remain and in some cases there is serious cause for concern.

Prof. C. Vyvyan Howard, a medically qualified toxicopathologist based at the University of Ulster and a signatory to the statement, said, "A substantial number of studies suggest that GM crops and foods can be toxic or allergenic. It is often claimed that millions of Americans eat GM foods with no ill effects. But as the US has no GMO labelling and no epidemiological studies have been carried out, there is no way of knowing whether the rising rates of chronic diseases seen in that country have anything to do with GM food consumption or not. Therefore this claim has no scientific basis."

The signatories to the statement call for the compliance to the precautionary approach to GM crops and foods internationally agreed upon in the Cartagena Protocol on Biosafety and UN's Codex Alimentarius.

Commenting on the statement, one of the signatories, Prof. Ernst Ulrich von Weizsäcker, Co-Chair of the International Resource Panel (UNEP) and Co-President of The Club of Rome, said, "The future of food and agriculture is one of the great challenges of humankind of the 21st century. The claim of scientific consensus on GMO safety is misleading and misrepresents diverse and inconclusive scientific evidence. The full range of scientific research needs to be taken into account, in open, transparent and honest debates, which involve the broader society, when decisions of global concern are being made. This is a responsibility of scientists and science."

Another signatory to the statement, Prof. Brian Wynne, associate director and co-principal investigator from 2002-2012 of the UK ESRC Centre for the Economic and Social Aspects of Genomics, Cesagen, Lancaster University, said, "It is misleading and irresponsible for anyone to claim that there is a consensus on these important issues. Many salient questions remain open, while more are being discovered and reported by independent scientists in the international scientific literature. Indeed, answering some key public interest questions based on such research has been neglected for years by the huge imbalance in research funding, against thorough biosafety research and in favour of the commercial-scientific promotion of the technology."

This statement is released by ENSSER the week after the World Food Prize was awarded to employees of the GM seed giants Monsanto and Syngenta. This award has provoked outrage worldwide and stands in stark contrast to recent rulings in several countries restricting or banning the field release or commercialization of certain GM crops. These include nine countries in Europe and Mexico, but also developing countries like Bangladesh, Philippines, India where an indefinite moratorium on field release trials was recommended by the Technical Expert Committee of the Supreme Court unless certain conditions are met including proper safety testing. Furthermore, GMO approvals are under legal challenge in Argentina and Brazil due to questions over the scientific basis of approvals. Most, if not all of them, underline the lack of proof of safety and insufficient testing.

Signatories of the statement include prominent and respected scientists, including Dr. Hans Herren, a former winner of the World Food Prize and this year's Alternative Nobel Prize laureate and Dr. Pushpa Bhargava, known as the father of modern biotechnology in India.

From European Network of Scientists for Social & Environmental Responsibility, www.ensser.org/media/0513/

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Remembering Siegfried Gursche

Father of Canada's natural health movement

Across Canada and beyond, people associated with natural health are sharing the sad news of the loss of Siegfried Gursche, who passed away on October 2. They are also exchanging personal stories of being inspired, mentored and educated by a true pioneer and visionary. And while celebrating the remarkable accomplishments and legacy of the "father of the natural health movement in Canada," people are learning more about the myriad successes in his life. While extending deepest condolences, the Canadian Health Food Association (CHFA) referred to Gursche as a great man, a committed friend of natural products and a true pioneer, who will be missed and always remembered as a stalwart supporter.

"Siegfried... spent a lifetime enriching the lives of Canadians colleagues and friends through his dedication to furthering our industry. Founder and publisher of *alive* magazine, president of the Canadian Health Food Association (1983-84) and Pioneer inductee of the CHFA Hall of Fame are only a few of his many accolades," noted Canada's largest trade association dedicated to natural health and organic products.

At a celebration of Gursche's life on October 15 in Richmond, BC, his son Chris gave a chronology of his father's life while speaking on behalf of Siegfried's beloved wife and partner Christel and their family of five children, nine grandchildren and two great-grandchildren.

Born in 1933 in Germany, the second of four children, the backdrop of Siegfried's early life was World War II. Siegfried became intrigued by three fields that shaped his life: natural health, photography and business. At age 10, he was fascinated by medicinal herbs, collecting and drying them while practising organic farming. Seven years later, he apprenticed in Health Food Retailing, specializing in biological medicine, herbs and natural cosmetics, but also incorporating training in business and commerce, all skills he would later draw upon.

Emigrating with his family to Canada, 19-year-old Siegfried pursued his passion for photography, working in studio/print shops in Winnipeg, then in Vancouver where he got involved in the local Christian community, becoming a founding member of Immanuel Baptist Church in 1956. Active in youth leadership, he spoke fondly of excursions around BC's trails and lakes. His deep commitment to Immanuel was life-long, serving as a board member from 1957 to 1964 and from 1996 until his death.

His entrepreneurial spirit was also evident early, when at age 20, he purchased a retail bookstore, the Fraser Book Nook. Because of Siegfried's young age his father had to sign official papers, touching off a series of business ventures focused around a central principle: seeing a need and offering a solution, despite any obstacles.

The store quickly grew into a centre for German culture and products and at the request of customers, he began providing herbal remedies that were unavailable elsewhere. At the Book Nook he also met his future wife and proposed on their first date.

While remaining owner of the store (until 1972), he began importing herbs in 1956, packaging "Flora" brand herbal teas in colourfully printed boxes. Success of these teas and other herbal remedies would lead to the introduction of many more firsts in the Canadian natural health industry, including devil's claw root, silica and evening primrose oil.

Siegfried arrived, excited to hear an update about a long-anticipated newsletter. Instead, he quickly learned that was "not possible." His response was to fold his paper placemat and begin planning a magazine on the spot.

Increasing demand for photographs resulted in the creation of Teldon, a leading publisher and supplier of gift calendars. Along with his other ventures, it was a hands-on operation, taking scenic shots of landscapes and animals coast to coast – and making business connections – to produce the popular "Canada In Colour" calendar. By 1980, the Teldon line was the most significant of its kind in Canada, with 65 successful titles.

Well aware of the need for Canadians to become educated about natural health alternatives, he began *alive Magazine: Canadian Journal of Health and Nutrition*. It became – and still is – a landmark national natural health publication. Through *alive* and subsequent "Alive Tours and Healthy Vacations," Siegfried shared his own and others' expert knowledge on a large scale. His next bold step was book distribution through Alive Books, authoring, publishing and distributing natural health titles.

Siegfried and Christel

"I had the luck of working with Siegfried as a writer and editor on various projects for more than a decade and can honestly say that no other person has influenced and positively impacted my life as much as he has," writes Sandra Tonn in "Our Founder/In Memoriam" (posted at www.alphahealth.ca). "Siegfried's life and work were one in the same. Meetings were held in his office, the staff lunchroom, his living room and his kitchen. He didn't just tell me what I should eat for breakfast; he invited me over for breakfast. He'd put a plant on my desk and if I didn't know what it was, he'd tell me all about it and its healing abilities."

When Siegfried came to Canada, Canadians didn't have the choices or awareness regarding natural health alternatives that they do today. Tonn shared the legendary story of a 1975 CHFA meeting that changed the course of the natural health industry in Canada. Siegfried arrived, excited to hear an update about a long-anticipated newsletter. Instead, he quickly learned *continued p.20...*

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Fukushima and fish

Following Japan's devastating 2011 earthquake and tsunami, fear spread about risks of leaked radiation from the Fukushima Daiichi nuclear power plant... Shunichi Tanaka, head of Japan's Nuclear Regulation Authority, told reporters radioactive water has likely been leaking into the Pacific Ocean since the disaster hit. It's the largest single contribution of radionuclides to the marine environment ever observed, according to one report.

With 300 tonnes of contaminated water pouring into the sea every day, Japan's government finally acknowledged the urgency of the situation in September. Social media is now abuzz with people swearing off fish from the Pacific Ocean. Given the lack of information around containment efforts, some may find this reasonable. But preliminary research shows fish caught off Canada's Pacific Coast are safe to eat.

It will take about three years from the time of the incident for the radiation plume to reach the West Coast, which would be early next year. Recent testing of migratory fish, including tissue samples collected from Pacific bluefin tuna caught off the California coast, assessed radiation levels and potential effects on marine food webs far away from Japan. Trace amounts of radioisotopes from the Fukushima plant were found, although the best available science puts them at levels below those naturally occurring in the environment around us. Natural, or background radiation, is found in many sources, including food items, medical treatments and air travel.

The most comprehensive health assessment, by the World Health Organization, concludes radioactive particles that make their way to North America's waters will have a limited effect on human health, with concentrations predicted to be below WHO safety levels.

The ocean is vast and dynamic with many complexities we don't fully understand. It appears two currents off Japan's coast – the Kuroshio Current and Kuroshio Extension – diluted radioactive material to below WHO safety levels within the first four months of the disaster. Eddies and giant whirlpools, some tens of kilometres wide, continue the dilution...

Fish from the water near the crippled plant are not faring so well. High levels of cesium-134, a radioactive isotope that decays rapidly, were found in fish samples there. Radiation levels in the sea around Japan have been holding steady and not falling as expected, further demonstrating that radiation leakage is not under control. At least 42 fish species from the immediate area are considered unsafe for consumption and fisheries there remain closed.

New concerns continue to arise. While the initial leak contained cesium isotopes, water flowing into the ocean from the plant now appears to be higher in strontium-90, a radioactive substance that is absorbed differently. While cesium tends to go in and out of the body quickly, strontium heads for the bones. A huge accumulation of radioactive water at the plant must be dealt with immediately. Determining the full effects of years of exposure to lower levels of radioactive contamination leaking into the ocean will take time and require continued monitoring and assessment. While Health Canada monitors radionuclide levels in food sold in Canada and one of its studies incorporates samples from Vancouver, we need to remain vigilant and demand timely monitoring results.

Any amount of leaked radiation is harmful to the planet and the health of all species, including humans. A major release of radioactivity, such as that from Fukushima, is a huge concern, with unknowns remaining around long-term health risks such as cancers.

That doesn't mean it's unsafe to eat all fish caught on the Pacific West Coast. I'm taking a precautionary approach: fish will stay part of my diet as long as they're caught locally and sustainably and will remain so until new research gives me pause to reconsider.

With contributions from David Suzuki Foundation Communication Specialist **Theresa Beer.** Learn more at www.davidsuzuki.org

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Food Safety, food security vs. GMOs

The insider story of transgenic bovine growth hormone

by Shiv Chopra, B.V. Sc. & A.H., M.Sc., Ph.D.

The following is derived from his talk "Five Pillars of Food Safety" given at an international conference on Food Safety, Food Security, and GMOs, hosted by Vandana Shiva in New Delhi 2008. It is even more relevant today.

In early 1988, while manager of Human Safety Division at the Canadian Bureau of Veterinary Drugs, the attitude most regulatory agencies held about GMOs and GMO-derived products was that these were substantially equivalent materials and there should be no need to put them through the usual health risk assessment for regulatory control. I disagreed. Consequently, in regard to the bovine growth hormone (rBST) application from Elanco I requested this company to conduct experiments to show that their product would not induce the production of any other hormones in laboratory animals such as rats. The hormones that I requested them to test for included insulin, thyroxin and progesterone. However, an argument that I faced from the company and my colleagues within Health Canada was that even if rBST appeared in the milk it would do no harm to consumers because being a protein hormone it would be digested away in their stomach without getting into the blood stream. In that case, I suggested that it should be demonstrated to be so via immunological tests in experimental rats.

> There is enough food for everyone to eat but, as Mahatma Gandhi said, it will never be enough to satisfy greed.

Nine years passed since I requested this information. Meanwhile, pressure kept building to pass rBST without having to conduct the tests. The matter reached the Canadian Senate where it was dissected and debated for many months and eventually rejected in 1999. What happened in Canada emboldened EU parliament to ban it from being used in its member states in 2000. The only major country that approved it was the Unites States for Monsanto in 1993. Other countries that passed the Monsanto brand of rBST include Bangladesh, Pakistan, Ukraine Republic, Chile and South Africa.

In more recent years Monsanto faced a huge resistance from the U.S. consumers of rBST-induced milk. So much that despite assistance from USFDA, Monsanto threatened to sue everybody that wished to label any milk or milk products to be rBST free. It was a bluff. The latest news is that Monsanto has decided to sell the rBST part of its business to its archrival *continued p.34...*

Brown Rice Protein Equals Whey Protein

FIRST STUDY PROVES ORGANIC WHOLE-GRAIN, SPROUTED AND FERMENTED PLANT-BASED RICE PROTEIN HAS IDENTICAL BENEFITS TO ANIMAL-BASED WHEY PROTEIN

Every vegetarian or vegan has been asked the question, "where do you get your protein from?" more times than they can ever remember. The majority of people believe that if you do not obtain protein from a meat or dairy source, you are consuming inadequate or inferior protein. There is no denying that protein is an essential nutrient, as it helps build and repair muscle, skin and bones. So the question is, does it matter if we supplement with animal based whey proteins or plant based rice proteins?

Plant based protein vs. dairy based protein...

The findings of a ground-breaking double blind study at the University of Tampa proved for the first time that organic whole-grain, sprouted and fermented plant-based rice protein has identical benefits to dairy-based whey protein in terms of body fat loss and muscle gain.

"In the past, studies have shown that the combination of resistance exercise with consumption of animal-derived protein (such as whey, casein, eggs, meat) has had a different effect on muscle growth than when resistance exercise was paired with plant-based protein such as soy," said Dr. Jaeger, lead researcher for the study. "The results of this study show, for the first time, this has changed." The objective of the study, titled, 'Rice Protein Increases Lean Body Mass, Muscle Hypertrophy, Power and Strength Comparable to Whey Protein Following Resistance Exercise,' was to determine if rice protein isolate could increase recovery and elicit adequate changes in body composition compared to whey protein isolate if given following resistance-training. In summary, the researchers found that organic whole-grain rice protein isolate administered after resistance exercise, was able to decrease body fat and increase lean body mass, power and strength comparable to whey protein isolate.

The Ultimate Vegan Energy Protein™ is comprised of organic sprouted whole-grain brown rice protein—the same rice protein the researchers chose for the study, as it is the Cadillac of plant-based proteins because it is a non-GMO sprouted complete protein that is made from the whole rice grain (including the bran, germ, and endosperm). It is processed using low-temperatures (never heated past 90 degrees °F) without any chemical additives like hexane. This creates a superior raw plant-based protein with pure amino acids in their most bioavailable forms, which greatly enhances the quality, digestion-rating and bioavailability of the protein as well as ensuring high levels of naturally-occurring vitamins (especially B vitamins), minerals, antioxidants (tocopherols and tocotrienols) and other essential nutrients. It is also a completely hypoallergenic protein. Unlike most plant proteins, Ultimate Vegan Energy Protein™ with organic sprouted whole-grain brown rice is the highest quality protein among all cereal grains, containing all essential and non-essential amino acids and a good ratio of the extremely important branched chain amino acids (BCAAs), which are necessary for cellular repair.

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Wild salmon vs. oil and aquaculture

When it comes to the precarious relationship between wild salmon, farmed salmon and the looming spectre of heavy oil pipelines and super-tankers along BC's coast, would it surprise you that one of the world's top 100 richest men, Norwegian born John Fredriksen, is not only the owner of the world's largest oil tanker fleet, but also the majority shareholder in Marine Harvest, the world's largest salmon farming multinational with dozens of operations in BC's once pristine waters?

Would it profit Fredriksen and others like him in oil and aquaculture if wild salmon would simply become extinct so conditions could be perfect for their corporate interests? Of course it would. We now have foreign multi-national corporations like Marine Harvest and Kinder-Morgan giving Canadian environmental law and all of us the proverbial finger while exerting tremendous financial and legal power upon our government to remove the arguments against and ram through projects such as Enbridge's Northern Gateway and Kinder-Morgan's Trans-Mountain pipeline twinning while continuing to farm salmon like nothing is wrong.

What stands in the way of these oil projects – culturally, economically and legally – are First Nations' title and the right to be properly consulted on such projects, the coastal economy and the majority of BC residents.

The damage to wild salmon and their habitat by the salmon farming industry and its unfathomable quantity of chemical, fecal, viral and parasitic pollution now pouring into our coastal oceans could ultimately and conveniently lead to the end of wild salmon as well as the coastal culture and economy that is arguing against the oil agenda. Salmon farms in BC are permitted to offload their waste directly

We now have foreign multi-national corporations like Marine Harvest and Kinder-Morgan giving Canadian environmental law and all of us the proverbial finger.

into the ocean instead of paying for proper disposal like all other animal farms in Canada must. They simply let it drift into the ocean.

Ian Roberts of the BC Salmon Farmers Association, interviewed by the Water Brothers in their recent film *Farmed and Dangerous* about salmon farming, provided further evidence of the above, stating, "We don't really care whether we raise fish on land or in the ocean as long as long as two key things are met: the needs of the business (it's viable and sustainable) and the needs of the [farmed] fish." Period. Not a mention or hint at doing what's good for the marine environment and wild fish! Watch it at http://thewaterbrothers.ca/farmed-and-dangerous/

Let's also remember that Justice Bruce Cohen, appointed by Harper to get to the bottom of why Sockeye stocks are crashing, concluded in his final report in October of 2012; "In my view, when DFO has simultaneous mandates to conserve wild stocks and promote the salmon farming industry there are circumstances in which it may find itself in a conflict of interest."

The Watershed Watch Salmon Society is now calling on Canadians to demand by petition via its website that the federal government implement the 75 recommendations to protect wild salmon made by Cohen one year ago.

Meanwhile, noted BC fish biologist Alexandra Morton and many members of the Department of Wild Salmon continue to find disturbing signs that something is very wrong in our waters; herring bleeding from their fins, pre-spawn dead salmon in rivers, some a disturbing yellow colour with internal organ evidence of disease and many salmon testing positive for European salmon viruses like Infectious Salmon Anaemia.

Here are some ways you can help: Don't eat farmed salmon, support SalmonFeedlotBoycott.com, Watershed Watch Salmon Society, First Nations and other groups opposed to tar sands oil pipelines and tankers.

Turn on to turnips

I used to I turn my nose up at turnips before I began growing them myself, after which my opinion of this 'lowly' root vegetable changed. I discovered them to be not only easy to grow, but also very tasty whether boiled, baked or roasted.

Turnips – *Brassica rapa* – are annuals grown for their crunchy roots and leafy greens and in my opinion are seriously underrated as a vegetable. They grow fast; seed to harvest time varies from 40-50 days so you can pull turnips out of the ground after the radishes. Sowing in succession, in spring and/or fall, you can enjoy a steady supply. Turnips grow half in and half out of the soil and are harvested either as baby turnips at three to four inches in size, or full-sized at six inches. Turnip roots are surprisingly delicious and the young greens are great steamed and in salads.

'Purple top white globe' and 'Golden ball' turnips, with 'Marion' rutabagas in background.

Turnip roast recipe

In a large bowl make a colourful medley of bite-sized pieces of turnip, beet, carrot, potato and onion or garlic cloves. Drizzle with extra-virgin olive oil and sprinkle with salt and pepper to taste. Place in a single layer in a baking pan. Bake in a preheated oven at 350°F (175°C) for 30-45 minutes until tender. Drizzle with flavour infused balsamic vinegar before serving if desired.

Rutabaga – *Brassica napus* var. *napobrassica* – is a close relative of the turnip, producing larger roots with milder and sweeter flesh. This reliable *Brassica* produces uniform purple- topped, globe-shaped roots with yellow flesh of splendid flavour and texture, with the bonus of resistance to club root and mildew. Frost tolerant and hardy, it thrives in moist soil, crops over a long period of time and can be left in the ground throughout winter.

Seeds germinate in a wide temperature range, from 50 to 80°F. Turnips are fast growing, but rutabagas need to be seeded in early summer in time to mature by fall (90-100 days). Keep an eye open for flea beetles, detected by the appearance of small holes in the leaves. I find dusting plants with diatomaceous earth puts an end to flea beetle attacks, allowing the plants to outgrow any damage done.

Because of its fresh, sweet taste, rutabagas are great for eating raw in salads and coleslaw. They are particularly good when teamed with other root vegetables in soups, stews and casseroles. You can also harvest the leafy greens and treat them as cabbage. Roasting concentrates flavour whereas boiling dilutes it.

Tatties & neeps

Take an equal amount of potatoes ('tatties') and rutabaga ('neeps'). Peel the skin off the rutabaga thinly. Chop the root vegetables into one-inch cubes. Boil for 20 minutes until soft and tender. Mash together to remove lumps. Season with butter, salt and pepper to taste. Optional: Add herbs such as parsley and thyme or replace the 'tatties' with carrots.

Carolyn Herriot is author of **The Zero-Mile Diet** and **The Zero-Mile Diet Cookbook** (Harbour Publishing). She grows 'Seeds of Victoria' at The Garden Path Centre.
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THE MOON BLOCKS the light of the Sun during the solar eclipse on November 3. Eclipses generally bring on a sense of foreboding, but the only time I would be concerned about an eclipse is when the eclipse touches an important point in our horoscope. The Sun, Moon and planets convey the karmic energy on-board at any given time. Eclipses are known to release all kinds of important karmic ramifications collectively and personally. From the western astrological perspective, the eclipse takes place in Scorpio bringing all types of Scorpionic energies into play. Mercury, Saturn and Rahu are closely associated with the eclipse and it may be worthy to sift through their implications as well.

Scorpio is a sign that is very connected to nature and the overall health of the environment. Scorpio is also a sign of hidden energy, secret agendas, machinations and movements. On the world level, we know there are serious, highly complex and sensitive problems. Saturn represents the laws and rules we must abide by and often dishes out a medicine we may have trouble swallowing. We have the question of the pipelines and the fear of how they will impact our precious environment. For anyone tantalized and possibly seduced by the massive profits the whole industry will bring our way, the first spill will wipe that fantasy away. The point is there are great movements afoot, pro and con and everything in between. There's no sense fear mongering, but it looks like the pipes are coming our way, like it or not.

Scorpio represents collective will power and it is only through the will of the people speaking as one voice that we will change the tides. If you care for your society, country and culture then know that the time has arrived to make a stand. Saturn's involvement indicates a time of austerity and belt tightening, probably connected to the concerns in the US economy. From an Eastern Vedic astrological perspective, the eclipse takes place in Libra in the nakshatra (star group) of Swati. The eclipse sits in the middle of Libra and all the other star groups. Balance, harmony, the arts, music and all matters of education and negotiation are highlighted. Vayu, the god of wind, rules this nakshatra bringing the possibility of big storms. The wind moves things and we will be moved to take action and lean into the tasks that are here to be dealt with now. Our task is to find the balance and seek what is fair and just for all.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.

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ARIES Mar 21 - Apr 19

The solar eclipse on November 3 activates your solar eighth house related to death, taxes, inheritances, joint monies and all kinds of hidden matters. Although these topics are incredibly boring to your average Aries, they must be met and dealt with in order for you to achieve peace of mind. Get yourself together and organized.

TAURUS Apr 20 - May 21

The art of the compromise must be applied in order to accommodate the dynamic energy that is on-board throughout the fall season. The solar eclipse on November 3 indicates a time of working out relationship concerns and health matters, finances too. The Taurus full moon on November 17 will bring it all to light.

GEMINI May 22 - Jun 20

You can mutli-task, carry on a couple of conversations at the same time and do a lot more than that if you really wanted to. Now a time has arrived in which you have to focus your energy and ability on organizing and streamlining your life. Clear the clutter and chase the blues away.

CANCER Jun 21 - Jul 22

The solar eclipse on November 3 activates your solar fifth house, which rules over matters such as children and entertainment. Enterprise and business opportunities are fifth house topics as well. Relationships may need an overhaul and re-evaluation. Power trips and other forms of manipulation and deceit may have eroded a good friendship.

LEO Jul 23 - Aug 22

You may be in a pensive mood as November begins to unfold. Home and family concerns keep you occupied. You may be restless and desiring some adventure. Travel opportunities may present themselves throughout the month. Possibly, people from afar come your way. A longing for something deeper and more meaningful tugs at your heartstrings.

VIRGO Aug 23 - Sep 22

There's quite a bit of planetary activity energizing your solar third house related to siblings, short journeys, education and all matters of business and commerce. As well, fiery Mars transits through Virgo bringing energy, activity and confidence. It's a good time to study and perfect your craft. Watch for mishaps and accidents. Slow down.

LIBRA Sep 23 - Oct 22

Your solar career and money sectors are strongly activated throughout the month. It might be the right time for a job change or career move. Home and family considerations come up as well. A lucky break or just good timing pay off mid-month. Relationship energy is intense and changes could be in the wind.

SCORPIO Oct 23 - Nov 21

An important and fateful time has arrived. The solar eclipse on November 3 tells the tale. Saturn's involvement with the eclipse heralds a time of changes, possible losses and sacrifices. Look at this time as an opportunity to truly square things away. Hard work, blood, sweat and tears, mixed with your dynamic will power may bring success.

SAGITTARIUS Nov 22 - Dec 21

It's time to clear up past karmic indebtedness. The best way is through kindness and compassion. If you have done a lot of work on yourself spiritually in the past, you may be inclined to move further along the lines of attaining moksha, a term describing liberation and freedom.

CAPRICORN Dec 22 - Jan 19

Venus and Pluto conjoin in your sign mid-month sparking some pretty intense energy regarding relationships. You might be irresistibly attracted to someone and compulsively driven by curiosity. You may be surprised by someone's attention and affection. Wait things out for a while and see where you get to. A re-evaluation of everything is in store.

AQUARIUS Jan 20 - Feb 19

The top of your solar chart is strongly activated by the November planets. A career change may be in the works. A boost or promotion could be the case. You may be acknowledged for your skills. If you have abused power in any way, this is a time you could fall from a high place.

PISCES Feb 20 - Mar 20

The planets are casting lots of positive energy into your sign indicating a spiritual change. Travel, education, writing and publishing are feature topics throughout the month. Relationship considerations come up, as does the prospect of possibly bringing children into the world. In essence, you can get what you want now if you work at it.

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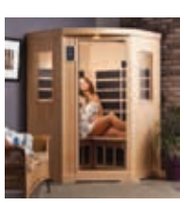
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One May weekend in 1983, I was jamming with a colleague and accidentally cured myself. It took me six months to figure out that the 'cure' was real and why it worked so well. I had made a major core belief change (I love me!) that rocked my world so totally I couldn't go back. I had a lot more work to do, but I was on a roll. Volunteers lined up at my door, hoping this new, untested therapeutic approach would work better for them than what they had previously tried. Almost all of them achieved results in one or two sessions.

Elly Roselle, founder College of Core Belief Engineering

From this experimentation, I crafted a workable process that could be shaped to the needs of each individual. The new process enabled people to access and explore the previously uncharted, often chaotic and unpredictable areas of the emotional, subjective mind. It created a rapport between the subconscious and conscious levels of the mind, making negotiation and change possible. Yet when people asked me when I was going to teach, I was terrified.

I used my new process on myself to get over my terror of public speaking and started designing a series of courses. This was one of the first methods in the world that offered to actually change beliefs and expand consciousness. CBE was a fad for several years, giving me the opportunity to prove that ingrained behaviours and mindsets can be changed; that the mainstream belief that we're stuck and just need to cope better wasn't true.

As the organization grew and matured, we established our niche in the worlds of complementary and alternative mind healing. We are currently registered as the College of Core Belief Engineering with the PCTIA of BC (www.corebelief.ca).

We all stand on the shoulders of giants. Some of those giants who I feel have had a meaningful influence on the emergence and evolution of this model include my beloved, late husband and speaker for The Evergreens, Michael Blake Read, Milton Erickson, Bryon Lewis, Frank Pucelik, James Tolchard, Richard Thibodeau, Wayne Slusser, Phillip Clement, Rick Kleiman, Dr. David Swartz and Joe LaCamera.

Another invaluable contribution comes from my most effective teachers: all of my students. Some have become colleagues and brainstormed with me to make CBE more effective and wider in scope. And I wouldn't want to forget my family.

> Volunteers lined up at my door, hoping this new, untested therapeutic approach would work better for them than what they had previously tried.

I am grateful that I was given this gift and have been able to pass it along. I thank everyone who has received it and continues to pass it along. There are now many belief-change therapies, some cognitive, some biomechanical. People have a lot of options yet CBE is still known for its specialty of gently creating deep, meaningful, lasting changes and transformation when nothing else works.

Core Belief Engineering, www.corebelief.ca, 604-536-7402.

... ***Siegfried Gursche*** *from p.11*

that was "not possible." His response was to fold his paper placemat and begin planning a magazine on the spot. Passing it around the table, he sold enough advertising for a 16-page publication. Just two weeks later, another need was filled when 30,000 copies of *alive* were printed and distributed, the first natural health magazine in the country. Canada's education in natural health had begun.

From day one, it was *alive's* philosophy to help readers take responsibility for their own health and to show them how to get the most benefit from whole food as well as the herbs and food supplements sold in health food stores. The highly trusted and widely read magazine has a circulation of 235,000 nation-wide.

Through the *alive* book department, Siegfried published and distributed dozens of practical health and nutrition guides offering the latest expert advice, authoring many himself, inducing *Alive Health Guides*. He worked with Udo Erasmus to publish editions of *Fats and Oils*. And in 1993 Gursche earned the Benjamin Franklin Award for publishing his gorgeous and comprehensive *Encyclopedia of Natural Healing* (60,000 copies in print). *It was* the first time the prestigious award was given to a health publisher. Remarkably, in 1992, he also created the Alive Academy of Nutrition.

'Retiring' from decades of intense, meaningful activity and *alive* publishing in 2005, he started yet another company to fill a perceived need and to act on his latest passion – coconut oil. Founding Alpha Health, he began educating people about what he called "the healthiest oil in the world."

Tonn reports, "I never heard Siegfried more excited than when he returned from the South Pacific with Christel and shared the story of visiting the DME Extra Virgin Coconut Oil pressing station, one of 19 locations. He happily described a journey by four-wheel drive and canoe to their destination, receiving an enormously enthusiastic welcome. They were the village's first visitors from North America, the first white people their hosts had ever seen, and they were proudly shown around the production facilities to see first-hand how the best grade of raw virgin coconut oil is produced.

"I asked him once what he found most rewarding about his career in natural health and he said, with a sincere smile and that ever-present brightness in his eyes, 'The many stories I hear back from people about how they've healed or improved their lives, knowing that I've helped people; that is my reward.'"

At the ceremony, his son concluded: "He died after complications arising from heart surgery, required to offset a heart condition he was born with. This was a biological issue. No one would say there was anything wrong with Siegfried's heart. It was consistently focused on the worship of God and the care of his creatures and for that, he can rightly claim – along with the apostle Paul, 'I have fought the good fight, I have finished the race, I have kept the faith.'"

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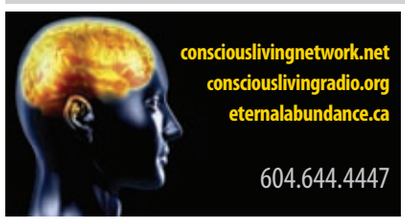

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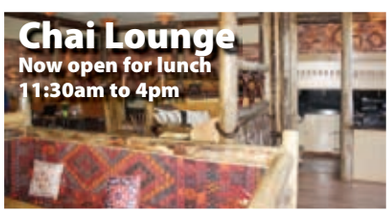

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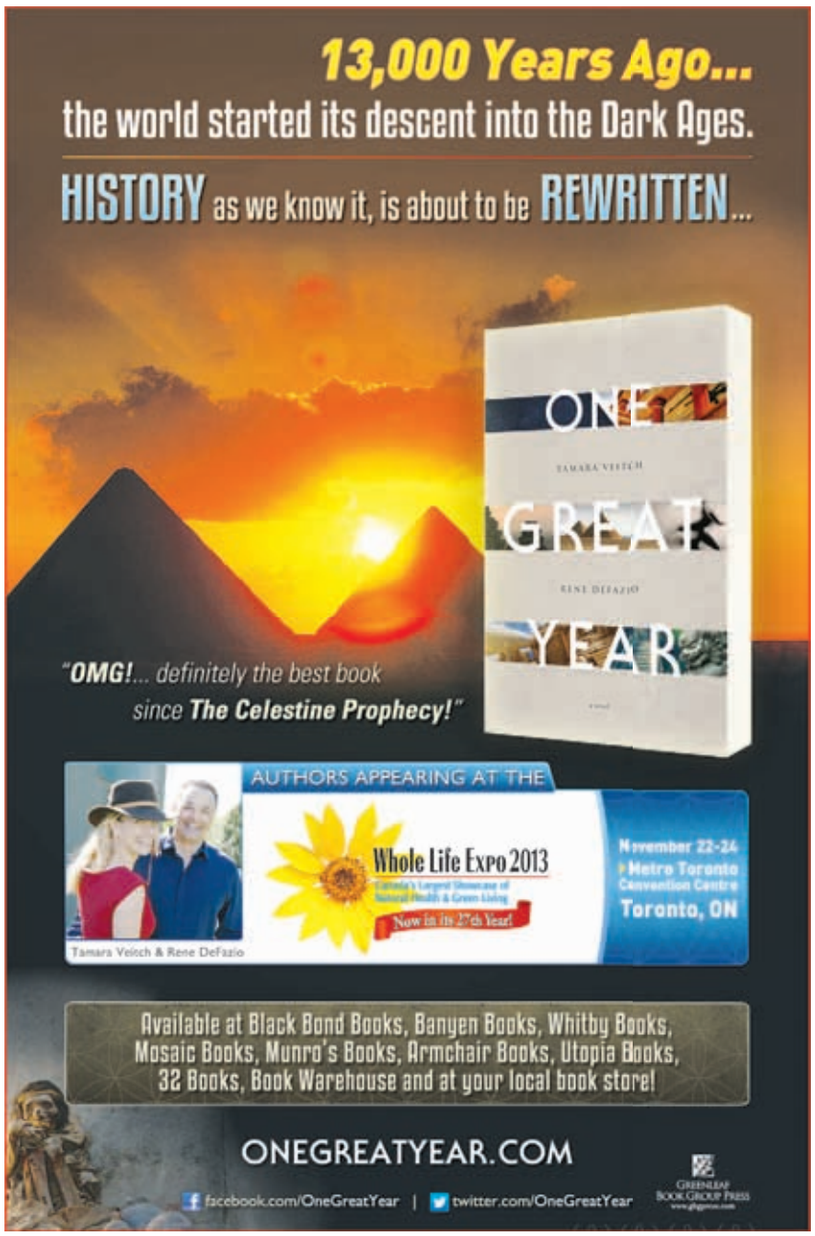
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Anger vs. understanding

Anger and intolerance are the enemies of correct understanding.
– Mahatma Gandhi

Anger is a biological response designed to help us protect ourselves in threatening situations. It would be entirely appropriate if someone were trying to steal our wallet or abduct our child. In the wild, the ability of an animal to take a fierce, aggressive stance readies it for attack or discourages the potential attacker.

Unfortunately, the human ego can react with anger when ego's needs are threatened. This anger can put the recipient into fight or flight mode so things can quickly escalate. This can be very damaging to intimate relationships.

Do you ever notice when you are annoyed with a loved one it can be hard to see his or her good points? This is because when we go into a place of anger, most often it is because ego is reacting to something not being the way we think it should be, as opposed to a real threat.

Struggle for control is the source of most conflict in the world and rarely leads to anything good... If you want to have peace talks, you have to lay down your weapons.

Ordinary, everyday anger is often about control. The angry person is frustrated at not being able to control another person or situation. Struggle for control is the source of most conflict in the world and rarely leads to anything good.

It is far better to invite cooperation. Going into anger almost of necessity requires us to drastically collapse our perceptual field and to focus only on our own narrow point of interest.

Little children do this – "I hate you Daddy!" – but as adults, it is our job to compensate for their momentary intense self-interest and not take such an outburst too seriously. On the other hand, it takes an incredible amount of wisdom and maturity to do this with teenage children or partners.

Knowing this, if we want our exchanges to be something more than childish bickering and emotional venting, we need to upgrade our programs. Still, even with the most rational Dr. Phil / transcendental yoga training / Oprah-approved methodology, we are emotional human beings.

We need to install a 'firewall' to protect others from our potentially burning words. For example, before confronting another with your upset, first take a few minutes to become calm and centred. Then think of everything you appreciate about this person and what you would miss if he or she disappeared totally from your life.

Then begin your communication by telling them why they are special to you, what their unique gifts are and how much you love them. Let that sink in.

Now you can proceed to explain that you want to talk about something that is upsetting you and that you are willing to really listen to their interpretation of the situation. The aim of this kind of communication should be to understand each other and move forward in a positive way. It will not work if sharing your upset is really an attack, criticism or judgment of the other person. If you want to have peace talks, you have to lay down your weapons.

This approach helps to keep the problem in perspective and prevents us from using others as punching bags for our own pent-up frustrations. It moves the relationship forward as we are honouring both others and ourselves.

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, Deep Powerful Change Hypnosis CDs and new "Creating Healthy Relationships" series, visit www.gwen.ca

Just now an interview with Eckhart Tolle

To read Eckhart Tolle's latest column, please see the current print edition of Common Ground. For copyright reasons, we are authorized to publish this column in our print version only.

JR: In your new book, I feel like you're the modern equivalent of the explorers that came to the new world, but an explorer and documenter of consciousness, discovering a new world.

ET: Yes, discovering is the right word. It's not that you need to make a great effort to attain it or bring it about or acquire it. It's discovering it's already there in you – conscious awareness that's obscured, or partially obscured, in many people. It's a discovery of something already there.

It's like waking up after a dream, because identification with the thinking mind and its stories and the old emotional conditioning is like being immersed in a kind of dream world, which very often turns into a nightmare – acting out old conditioned patterns again and again. The whole structure of the egoic mind is an old dysfunction.

There's some evidence that the ego started about 6,000 years ago, but nobody can say for sure. Before that, humans were in a state of innocence. When we go beyond the dysfunction of the ego, we regain our original innocence, but on a much deeper level. This is why Jesus said unless we become as little children we cannot enter the kingdom of heaven.

So, returning to the original innocence, and at the same time going much deeper into that with full awareness – that's the process. We're coming out of thousands of years of dreadful suffering, almost the whole of recorded history of humanity. If you really look at it in an unbiased way, as if you'd never seen it before, one cannot but admit that, to a large extent, 80 to 90 percent of it is a history of pathological insanity, the suffering that humans have created for themselves and, of course, inflicting it upon others.

JR: And exporting it through colonization to the new world.

ET: Yes, so the important part of the awakening process is the realization of the insanity in human history, collectively, to this day playing itself out in world events. Also, to be aware of the insanity within oneself – old, dysfunctional patterns that come again and again that create suffering. So when you see that you're insane, then you're not completely insane. Sanity comes the moment you realize the fact of insanity. To see insanity is not a negative thing.

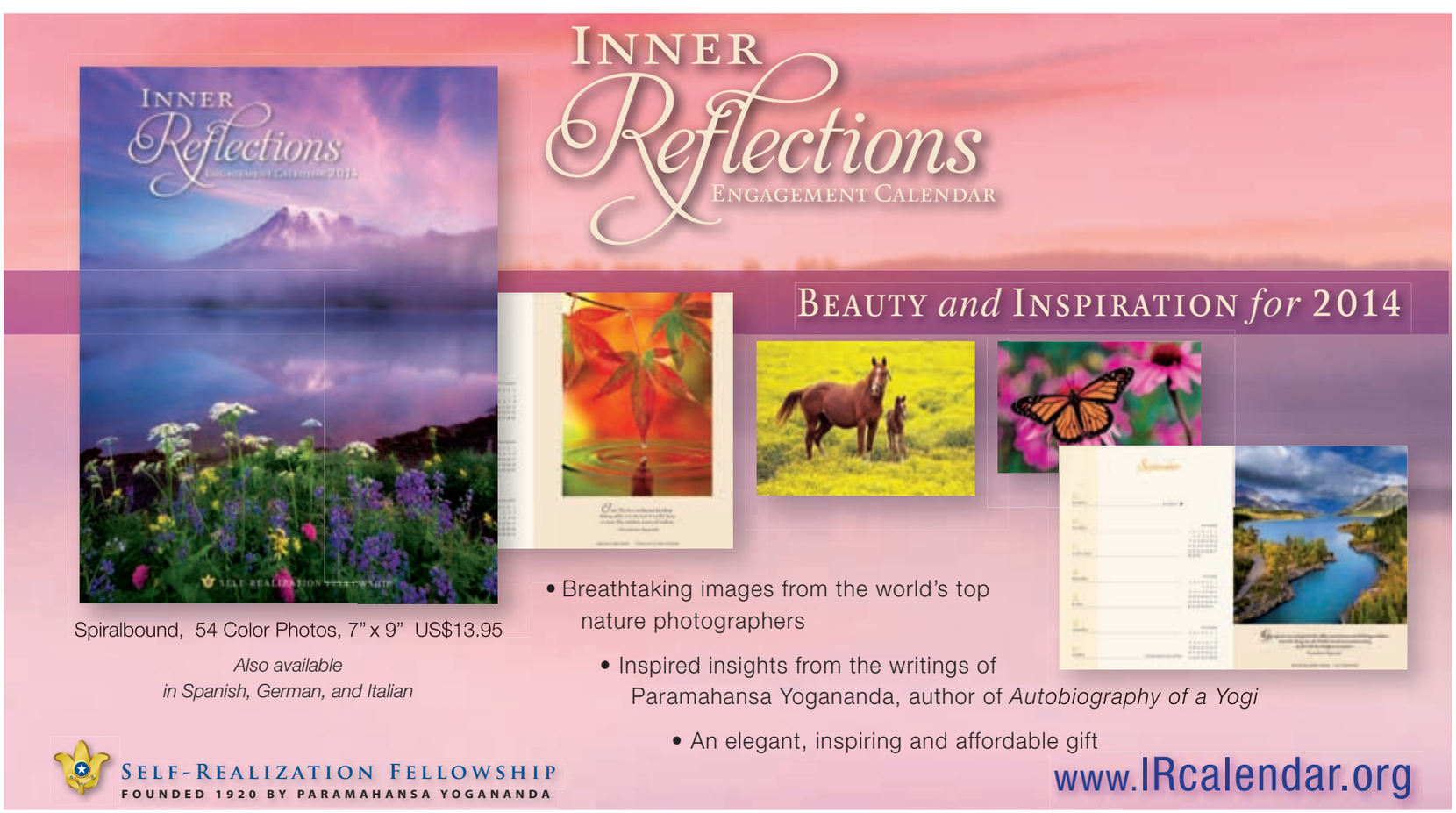
JR: At least you're out of denial.

ET: Yes, that's why in the film A Beautiful Mind, for example, which is about a mathematical genius who did have a mental dysfunction, his mind was developed in certain areas but he was also insane. The viewer of the film doesn't know that until a certain point when the character realizes that many of his experiences are delusions. At that moment, his healing begins. He's not cured yet, but his healing begins because he's recognized his own insanity. That recognition can only come out of sanity, which is the awareness of unconditioned consciousness.

JR: I remember you saying before you published your last book that the next one would be about why there isn't peace on this planet. Was finding a solution one of the major intentions of A New Earth?

ET: Yes, to see the nature of the major dysfunction. That's why I talk quite a bit about the ego in this book. We need to recognize the nature of the dysfunction. Sometimes, even very great Eastern teachers sometimes neglect that part because they're not really touched by the magnitude of, especially, the Western ego. So it's very important for us to see the dysfunction so that we can recognize it when it arises.

Part of the new book is about recognizing the ego, which I regard as a semi-autonomous energy. It's an energy field. Every thought you think is an energy field. It has a form and then it dissolves and then there is another form. The ego itself is an energy field and it has a collective and individual aspect.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Red poppy white poppy

12 reasons I prefer the non-traditional variety

by Geoff Olson

Like most people, I have worn a red poppy before and on Remembrance Day, almost as a seasonal reflex. Yet in recent years my enthusiasm for the custom has dimmed, even while my respect for Canadian military veterans has not.

The poppy first appeared as a symbol of remembrance of World War 1 in 1920. It was inspired by the 1915 poem, *In Flanders Fields*, by Canadian physician and Lieutenant Colonel John McCrae, who noted in verse that poppies were the first flowers to grow in the shell-tilled earth of soldiers' graves in Flanders Field, a region that crossed French and Belgian territory. Paper versions of the flower were first used by the American Legion to commemorate American soldiers who died in World War 1. Military veterans' groups in the Commonwealth adopted the custom shortly thereafter, before and during their November 11 Remembrance Day commemorations.

Below are 12 reasons why I am reluctant to wear the blood-red symbol this November:

1) November 11 commemorates the WW1 armistice: In 1914, a confusing patchwork of national alliances exploded into a land war in Europe, resulting in 37 million military and civilian casualties in just four years. In the meat grinder of trench warfare, the ammunition of opposing sides was worn down by a fusillade of young male bodies. The only ones to profit from this madness were the plutocrats, industrialists and demagogues of the warring nations, along with oil barons focused on the "Great Game" in central Asia.

There are very few surviving World War 1 veterans. The day that commemorates the armistice and the astounding courage of the era's soldiers also validates one of humanity's greatest catastrophes, one that set the stage for the Holocaust and World War 2 a few decades later. At its outset, the custom of poppy-wearing honoured brave young men propagandized into killing other brave young men.

> At its outset, the custom of poppy-wearing honoured brave young men propagandized into killing other brave young men.

The 'ground truth' of World War 1's cost to fighting forces on all sides was summed up in a Roger Waters' song *Us and Them*, written 57 years after McCrae's poem:

And after all we're only ordinary men / Me, and you / God only knows it's not what we would choose to do / Forward he cried from the rear / And the front rank died / And the General sat, and the lines on the map / Moved from side to side. – Pink Floyd

2) A Commonwealth symbol for Remembrance oversimplifies international conflict: The defeat of the genocidal German leader Adolph Hitler was a tremendous victory for the world, which the Commonwealth has every reason to celebrate to this day. That said, the Nazi regime could not have built up its industrial base without foreign help. Charles Higham's 1983 book, *Trading With The Enemy: An exposé of the Nazi-American money plot, 1933-1949,* offers an astounding list of subversive activities by Anglo-American industrialists and bankers. (To give just one example, Thomas Harrington McKittrick, American president of the Bank for International Settlements, travelled freely among Axis and Allied countries throughout the war on a special visa, free from interference, even while the BIS was completely under Hitler's control.)

Hitler, a failed watercolour painter with a brush moustache, won over the German people with his *petit mal* oratorical style. He expertly captured and channelled their nationalistic resentments and ethnic bigotries with his charismatic lunacy. But he was also aided and abetted by western interests, just as similar interests supported the rise of Saddam Hussein in Iraq a half-century later.

3) The red poppy does not honour the sacrifice of other soldiers: Combat soldiers on the 'wrong side' of any given conflict are invariably seen as losers in terms of their state/social programming, to say nothing of actual defeat. Yet they can also be seen as heroes in terms of personal sacrifice, beyond the 'rightness' or 'wrongness' of their cause. For generations, courageous people have been propagandized into fighting for God, Pope, Emperor, King, Queen, Kaiser, Reichsfuhrer or a set of lines on a map. The real causes usually involve resources and territory.

4) War is toxic to democracies, even for the victors: "Until August 1914, a sensible, law-abiding Englishman could pass through life and hardly notice the existence of the state, beyond the post office and the policeman," noted historian A.J.P. Taylor in *English History 1914-1945.*

"He could live where he liked and as he liked. He had no official number or identity card. He could travel abroad or leave his country forever without a passport or any sort of official permission. The Englishman paid taxes on a modest scale: nearly £200 million in 1913-14 or rather less than eight percent of the national income."

Anzac poppies, by Nankai, photo from Wikimedia Commons

The First World War altered the dynamic between citizen and state, and not just in Britain. The US Sedition Act was passed in May of 1918, mere months before armistice. The Act was later used as a tool for the arrest, imprisonment, execution and deportation of dozens of unionists, anarchists and communists. It became a bludgeon used to criminalize "antipatriotic' and "antiwar" speech.

There was also the post-WW2 fallout on the US press, as noted by Ben Bagdikian, Dean Emeritus of the University of California, Berkeley Graduate School of Journalism. "The incestuous relationship of the Monopoly Media Cartel and psychological warfare has a long history. Veterans of World War II, for example, the US Army's Psychological Warfare Division, became the Cold War's media giants. OSS agent William S. Paley became a CBS executive. C.D. Jackson [an expert on psychological warfare who served in the Office of Strategic Services in World War II] worked at Time/Life…William Casey was an executive at Capital Cities, which merged with ABC and subsequently devoured by Disney. Casey himself, of course, became Director of the CIA," Bagdikian observed in his 1983 book, *The Media Monopoly*.

In the US, the growth of the military-industrial complex has run in tandem with increased domestic surveillance, decertified unions, the militarization of police departments, the infiltration and monopolization of the independent press, the sacking of Treasury finances and the concealment of state and corporate crimes under the banner of national security. These trends have accelerated since 9/11.

5) There is no glory in war: If there were, the sons and daughters of the rich and powerful would be the ones on the front lines, not the cannon fodder drawn from rural areas and small towns. Young people with minimal employment options sign up for the armed services; the lucky ones get an education behind the lines, while the unlucky ones get theirs in dustblown hell-zones. A quarter of the returning soldiers of the Bush-era wars, Canadians and Americans alike, have experienced mental health problems ranging from suicidal thoughts to unmanageable anger or some other variant of PTSD, with the prospect of diminishing post-combat support from their governments.

6) "Mission Creep:**"** The enthusiastic participation of government, business, civic groups, sports organizations and media in Remembrance Day commemorations appears to be on the rise in Canada, in a days-long buildup to the main event. November 11 has spilled out of its calendrical box into neighbouring days and been co-opted into nationalistic displays of power. In military circles, that sort of thing is known as "mission creep."

7) Civilian deaths far outnumber soldier deaths: The civilians, who died as a result of the wars, official or undeclared, of the 20th and 21st centuries, outnumber the casualties of soldiers by many tens of millions. Needless to say, there is no holiday to acknowledge the involuntary sacrifice of these mostly forgotten souls.

8) There will be no 'World War 4': When historians began to optimistically number World Wars, it was a clear sign of a need to rethink a Sesame Street approach to global conflagrations. Thankfully, the US government and NATO forces recently pulled back from the brink in Syria, but it was disturbing that Kerry and Obama were so willing to play chicken with Syria's ally, Vladimir Putin – especially given today's crazy quilt of geopolitical alliances, reminiscent of Europe just prior to World War 1.

I can't support a seasonal sentimentalism about war that doesn't explicitly condemn its potential for human extinction. As expatriate British singer/songwriter Ian Hunter observed in his song *Flowers*: *Hunger, anger, propaganda / Ain't it time we all grew up?... / Mass confusion, disillusion / Sometimes flowers ain't enough.*

9) Canada's militaristic posturing: In recent years, Canada has transformed from a 'soft power' to a belligerent presence at the UN and on the world stage. The House of Commons has turned into an echo chamber for US militarism. The Canadian military directs special forces to Mali and other far-off trouble spots. Foreign Minister John Baird behaves like the squeeze toy of Israel's President Netanyahu and the Royal Mint issues coins commemorating the battle of 1812, in tandem with government-sponsored television advertisements for the same. Only a scathing report from the Auditor General and public outrage sidelined Harper's plans to spend billons of taxpayer dollars on F-35 jets, which have no defensive purpose whatsoever for Canadian territory and security – even under the questionable assumption these wonky weapon platforms will work as advertised.

A quarter of the returning soldiers of the Bush-era wars, Canadians and Americans alike, have experienced mental health problems, ranging from suicidal thoughts to unmanageable anger or some other variant of PTSD, with the prospect of diminishing post-combat support from their governments.

10) Poppies' other connection to war: The poppy bulb is the source of opium, a narcotic drug long connected with wars in central/southeast Asia. In the mid-1800s, Britain went to war with China to force the Chinese government to continue importing their opium cultivated in India. Refined into heroin, trafficking of the narcotic has continued to haunt military adventurism to the present day, from Vietnam to Afghanistan. Drugs and war are intertwined in the shadow economy, with the trafficking of heroin and cocaine supplying billions of dollars of liquidity to the global banking system through laundered funds.

11) Thou shalt not kill: I could never figure out how the Sixth Commandment from the *Bible* jibed with *Onward Christian Soldiers* and other crusade-friendly memes. Judeo-Christianity is still the dominant ethos in North America, especially among the warrior class hailing from small town America. It's remarkable that a commandment supposedly written in stone (on Moses' tablets) is never cited during the media ballyhoo that precedes every military engagement. Every year, Fox News trots out its tired trope about "the war on Christmas," yet when it comes to Murdoch-endorsed war mongering, somehow forgets the injunction against homicide in its sacred instruction book.

Remembrance Day distracts us from the new, automated face of state-sanctioned slaughter, which may depart even further from democratic oversight, or even human control, through the proposed introduction of "Terminator-style" robots and drones. With targeted assassinations conducted remotely by joystick, the red poppy refers back to a kind of warfare that will increasingly be limited to proxy armies and paramilitary contractors.

12) Red poppies have been rejected as wartime Remembrance by one Anglo-American state: Years ago, a vacationing acquaintance tried to enter a bar in Northern Ireland while wearing a red poppy. A helpful local stopped him at the door and advised him to remove it for his own safety. "The poppy is especially controversial in Northern Ireland and most Irish nationalists and Irish Catholics refuse to wear one due to the actions of the British Army during The Troubles," according to Wikipedia. So there is certainly at least one cultural precedent for rejecting the red poppy.

There is an alternative to the red poppy. In 1933, Britain's Co-operative Women's Guild introduced a white poppy and white poppy wreaths as pacifist symbols. Seventy-seven years later, the Royal Canadian Legion considered launching a lawsuit if groups in Prince Edward Island and Ontario did not stop handing out white poppies ahead of Remembrance Day. Beyond the questionability of a copyright challenge over an image of a flower, there is nothing to stop people from painting their red poppies white or constructing ones out of white paper stock.

There are many thousands of red poppy wearing veterans who march in parades for peace, attend antinuclear rallies and the like. I respect the contributions, past and present (but hopefully not future) of all Canadian veterans, just as I respect any Canadian's choice to wear a red poppy. I am not arguing in favour of abandoning Remembrance Day, but I am hoping we expand its meaning in our hearts and minds. A new generation could start by refusing to fight for a pampered class of wealthy civilians; those whose children will never serve in front line combat.

"Most wars in the 20th century have started as a result of lies," observed Wikileaks founder Julian Assange in a 2011 interview with Google executive chairman Eric Schmidt. "Amplified and spread by the mainstream press... populations basically don't like wars and they have to be lied into it. And that means we can be truthed into peace."

White poppies, anyone?

www.geoffolson.com

"Our Alice"

the Nobel, explosion and aftermath

Despite all you have heard and read, Alice Munro didn't actually win the 2013 Nobel Prize for Literature. She earned it. There's a big difference – a pertinent distinction. People win lotteries all the time; all it takes is one ticket and luck to strike like lightning.

In marked contrast, Munro, now 82, has spent a life in letters, producing 14 original collections of such quality that, in announcing the name of the 110th Laureate on October 10, the Swedish Academy selection committee acknowledged her "mastery of the contemporary short story." She is the first Canadian and 13th female to earn a place in the pantheon of great writers, alongside the likes of Hemingway, Eliot, Churchill, Yeats, Steinbeck and Sartre.

It is highly unlikely that history will record her surname alone. It will likely be prefaced by "Canadian author Alice..." but here at home, simply the ubiquitous "our Alice." And that's part of the joy and justice of the international recognition and acclaim that pushed bad news and madness off the front page for a few days.

Highlight reactions include those of the recipient, who doesn't like to talk about herself in public. The Nobel committee couldn't reach Munro when she was nominated – long-listed then short-listed – and left a voice mail. She first heard the news from her daughter, in the middle of the night, while asleep in a Victoria hotel. Although somewhat aware she was in the running, a "terribly surprised" Munro never thought she would actually 'win' and is now reconsidering her retirement, since she suddenly has new insights and fresh ideas.

Snippets from myriad CBC interviews were dusted off in precious archives and there were many spontaneous, heartfelt reactions from peers, including Margaret Atwood's, "Okay, everyone's calling me to get me to write about Alice! Alice, come out from behind the tool shed and pick up the phone," and Lynn Coady's "Alice-frickin'-ro!!!"

All the fuss was about the most coveted literary prize of all, consisting of a gold medal, a diploma bearing a citation and a sum of money, which fluctuates with Nobel Foundation income, but likely in the area of approximately $1,200,000 US, the richest literary prize, by far. There's also an invitation to lecture during "Nobel Week" in Stockholm, a seat at the head-table of the prize-giving ceremony and the banquet on December 10 when everyone will, at last, see and hear "our Alice" up close. All made possible through the last will and testament of Alfred Nobel in 1895, which established funds for annual prizes for the "greatest benefit on mankind" in the fields of physics, chemistry, peace, economics, physiology or medicine and literature. The privileged son of the inventor of plywood, Alfred himself held 355 patents and enhanced his fortune and fame as the man who gave the world dynamite and himself, ever escalating guilt.

The Munro announcement touched off its own explosion both globally and at her quiet, rural residence in Clinton, Ontario. Closer to home, it touched off paparazzi-like fireworks in Victoria, BC and sparked an avalanche of interview requests and international attention which will echo through time. And book sales, of course, which may ultimately be what it is all about anyway. That's why the long list of books was concocted – to stretch the suspense and stimulate purchases.

October 10 was a good day to still be in the tough business, especially in Victoria at Bolen Books, Ivy's in Oak Bay and even in used bookstores like Russell Books, which sold out of older Alices, mostly on-line. But it was especially fantastic at the epicentre, Munro's Books, co-founded with first husband Jim, who was celebrating his 84th birthday on that very day and just the month before joyfully marked 50 years at the helm of what is arguably the best book-

Canadian icon Alice Munro, renowned for her "mastery of the contemporary short story," is the 110th recipient of the Nobel Prize for Literature. Photo by Derek Shapton..

store in Canada.

"It's going to be an onslaught," said manager Jessica Walker. "This is about the most lovely icing on the cake that you can imagine."

Jim got to use the line, "Alice doesn't live here anymore," again. The couple co-founded Munro's Books in 1963, specializing in paperbacks, which was highly unusual at the time. Surrounded by books at work, Alice, who had always written, believed she could do much better than most of what she was selling and began to spend less and less time in the store.

Her first published work, *Dance of the Happy Shades* in 1968, was selected for the Governor General's literary award, followed by two more, as subsequent books garnered the Man Booker International Prize, two Giller Prizes, the Commonwealth Writer's Prize, National Book Critics Circle Award and the Trillium, etc. The couple divorced in 1972 but remained close friends, often getting together for dinner and to discuss books, of course.

Deborah Treisman, fiction editor at the *New Yorker,* which has published many Munro stories and refers to her as "our Chekhov," reports that "each book gets better," a recommendation for Munro's latest, *Dear Life*, now available in paperback.

> What I wanted was every last thing, every layer of speech and thought, stroke of light on bark or walls, every smell, pothole, pain, crack, delusion, held still and held together – radiant, everlasting. – Alice Munro

She says Alice is Nobel-worthy for "the depth of insight on human relationships, on how we interact with each other, how we fall in love, how we betray each other, all carried to us in this exquisite, perfect prose. It's not showy... it goes straight to the point, straight to the heart of what we do everyday of our lives."

Everybody has – or should have – a favourite, like a piece of treasured jewellery. Treisman is reprinting *The Bear Came Over the Mountain* (1999), a love story about Alzheimer's adapted into the movie *Away From Her.* Make your own top pick and take your time. Munro re-reads very, very well. 'Best of' lists most often include: *The Love of a Good Woman, Runaway, Lives of Girls and Women and Who Do You Think You Are?*

A big winner is the short story itself, small and personal, self-contained, taut in the hands of a master, perfectly suited for today's tiny attention spans and too-busy lives. But first place goes to us, we who share the geography, landscape and settings from Kits to the Bay of Fundy, particularly women in small-town southwestern Ontario, their ordinary lives made extraordinary, striking universal chords.

Praise for the most popular Nobel selection in years was unanimous worldwide from fellow writers and devoted readers alike. Almost. Bret Easton Ellis opined on Twitter, "Alice Munro was always an overrated writer and now that she's won the Nobel she always will be. The Nobel is a joke and has been for ages..." The remark may outlive his instant celebrity as author of the 1991 serial killer novel *American Psycho.*

"Who?" Ms. Munro asked when informed by the UK's *Guardian.*

More noisy reverberations ensued, this time from Twitterati, prompting the suddenly shell-shocked Easton Ellis to recant in a re-post, "...want to re-read Munro, who I never really got, because now I feel like I've beaten-up Santa Claus."

Her ideal, she said, is to write "something so clear, as if looking through perfectly clean water, so words don't get between the reader and what's happening." More than enough of us do get it and genuinely appreciate the gift of Alice Munro and her precisely crafted tales about us. She is decidedly not edgy, but dignified, always in fashion, ambassador of what's still the best in a country.

"Our Alice," now one for the ages.

Bruce Mason is a Vancouver and Gabriola-Island based five-string banjo player, gardener, freelance writer and author of **Our Clinic.**

A casualty of peace

JFK and the Unspeakable: Why He Died and Why It Matters
by James W. Douglass
(Touchstone Books, an imprint of Simon & Schuster, 2010)
reviewed by **Ralph Maud**

I had been waiting for this book for a long time. It finally answered, to my satisfaction, the big questions about John F. Kennedy's assassination on November 22, 1963.

The best we had to go on before was the simple fact that whoever did it knew one thing for sure: that LBJ would succeed JFK. So it seemed very much as though a bunch of Texans, with a few well placed shots, got in one of their own as president. I went to Dealey Plaza and saw how perfect it was for an ambush; just as in any good western, they had cut him off at the pass.

JFK and the Unspeakable reveals the much bigger story. It was the military-industrial complex that Eisenhower warned about – in league with the CIA – that did it. And they did it not only because Kennedy was going to withdraw from Vietnam and make up with Castro, but he was also going to stop the Cold War altogether.

Most of us assumed Kennedy was a war president. At the time of the Cuban missile crisis, he was on television warning us that atomic reprisals might come down on us. I was in a bar in Buffalo and looked up at the screen and thought, "You bastard." But what I didn't know until now was that Kennedy had initiated a personal and friendly correspondence with Khrushchev and that the sabre-rattling was just a posture, for the time being. He was not a war president at all; he was a peace president. And the military-industrial complex, which needed the Cold War for pride and profit, knew it and felt so threatened by him they took measures.

Before this book, I had not been aware that two weeks before Dallas, there had been preparations for an assassination attempt during a scheduled visit of the president to Chicago. Some of the Secret Service seem to have been in on the plot, but there was a leak and the Chicago visit was cancelled. In Dallas, the Secret Service kept mum and stood aside while the CIA manoeuvred its puppets.

One puppet, of course, was Jack Ruby, the club owner who was later given the job of taking out Oswald, the CIA patsy. The story of Julia Ann Mercer summarizes the banality of the "unspeakable." An employee of Automat Distributors in Dallas, twenty-three-year-old Mercer was caught in a traffic jam in Dealey Plaza about an hour and a half before the presidential motorcade would pass through. She saw a green van parked up on the curb and, before her eyes, a man pulled out a rifle case wrapped in paper and carried it up the grassy knoll. Later, on TV, she recognized the driver of the green van as Jack Ruby. She talked to the FBI at some length, but when her testimony was referred to in the Warren Commission report, it was the opposite of what she actually said: "Mercer could not identify any of the photographs." The FBI was covering up any evidence that suggested conspiracy. Where had the orders come from?

We learn from this book that on the morning of May 1, 1962, President Kennedy met in the Oval Office with "a delegation of Quakers dedicated to a process of total disarmament and world order." That group, in this Pleromic story, can represent the light that JFK was moving toward. Who then, were the representatives of the "unspeakable" darkness that fatally overwhelmed him? That is the one weakness of Douglass' substantial and courageous book. We get no names attached to the "unspeakable" evil at the core of the conspiracy. Yet we do know who was responsible, who made the decision to go ahead with the killing. Those names have to be included in the roster of large multinational organizations, especially those in the armaments and death-dealing businesses. However, one looks in vain in the index of Douglass' book for any company names.

All right. James W. Douglass can't do everything. At least, we now know where to look.

Ralph Maud was a professor in the Simon Fraser University Department of English from the charter year 1965 to his retirement in 1994 and the founder of the library's Contemporary Literature Collection.

Jake's Gift

The new 'urgency' of Remembrance

by Bruce Mason

Julia Mackey (R), creator of the award-winning, one-woman show, *Jake's Gift*, in her role as Jake, a cantankerous octogenarian war vet.

Photo by Tim Matheson

Hopefully, as you read this, you will pause at some point to remember those who helped make the freedom to read, write, speak, vote – and other precious gifts of our fortunate lives – possible. Gifts that are too often taken for granted, in virtually every breath and day beyond that short silence that takes place each November 11.

Few know the profound importance of this as much as Julia Mackey, creator of the award-winning, one-woman show, *Jake's Gift*. The actress/playwright has barnstormed her play to encores from audiences – in heartfelt tears of profound sadness and joy – across Canada and beyond in more than 650 performances. The show has played in legions, major theatres, schools, festivals and halls in 185 communities through all 10 provinces and in two territories.

She says Remembrance Day, at her high school in Montreal, was "a very big deal." Her mission is simply to remind us to remember. "It is not a war story. I'm not rallying for anything and this is definitely not pro-war," she explains. "We must differentiate between war and being human, by helping others to survive tragic loss, to honour and respect the tremendous sacrifices made for us, even pacifists and despite politics."

In 2004, during the 60th anniversary of D-Day, her life was transformed on France's Normandy coast at Juno Beach and the many graves nearby. On June 6, 1944, 14,000 Canadians joined 150,000 allied troops in the largest offensive invasion in modern history, to pry from the Nazis their brutal, four-year iron grip on Europe. Canadians suffered 1,074 casualties and 359 were killed.

"After just missing the 50th anniversary, I was determined to take part and to bear witness. I contacted Veterans Affairs a year before the 60th anniversary to get passes to every event, including some that were only open to special guests." she recalls. "I had a strong sense of urgency, as veterans leave us without telling their stories."

For eight days she immersed herself in conversations with veterans, with whom she has kept in close contact. There has been an outpouring of thanks to them from generations of still-grateful local people who knew the war history of their own villages through an undiminished oral tradition and visiting and tending the graves of their liberators, as well as being told as children to "clean their rooms and water their gardens."

From an active network she describes as "a bunch of 80-year-old boyfriends" (now in their '90s or deceased), she created Jake, a cantankerous octogenarian war vet, reluctantly returning to Juno Beach, finally able to visit the grave of his beloved brother Chester. "I never done nuthin' special," he says, suffering survivor's guilt in gut-wrenching silence.

"It's essential to remember that these weren't professional soldiers or mercenaries, but ordinary young Canadians, teachers, millworkers, farmhands, who, at the end of the Great Depression, were in dire need of jobs, in Jake's case, a pair of boots," says Mackey. "Reality and morality often came after they arrived in war and began to hope and fight for a better world than the horror they now experienced."

Retuning home to Canada, Mackey had a lingering need to capture and share her own transformative experience. Inspiration eventually struck. "While washing dishes, suddenly I thought of Isabelle – based on all the grateful French children I had talked with, along with many veterans from Canada, the US and Britain – and I instantly started jumping around and writing things down."

Although she plays four characters – including a French grandmother and a teacher from Ontario, who has brought hand-written notes of thanks from her students to lay on graves – it is the interplay between Jake and the precocious and persistent 10-year-old French girl that gives *Jake's Gift* its heart, soul and universal resonance. In a mesmerizing acting *tour de force*, she seamlessly switches between the two memorable and disparate characters in often charming and humorous conversation as their awareness and friendship evolve across their respective ages.

> "We must differentiate between war and being human, by helping others to survive tragic loss, to honour and respect the tremendous sacrifices made for us, even pacifists and despite politics." – Julia Mackey

"Recently, in an inner city school in Toronto, a young boy approached me after a performance and said he liked the part about the sadness of loss," recalls Mackey. "He added that he had lost his brother and he then ran away. A teacher standing nearby said, 'That was beautiful; his brother was killed in front of him in war-ravaged Africa and he rarely speaks to anyone.'"

Mackey has come to value the receptions afterward as much as the performances, with conversations she has with the folks who have a Jake in their lives or family history, often left blank by a reluctance to speak of the unspeakable. She speaks with college students who realize they are now the age Jake was in war, vowing to visit cenotaphs with a new perspective, with vets in their '90s who say, "Not bad for a guy who thought he'd never come back home" and with folks who have just experienced their first live theatre.

Legendary actor/educator Antony Holland – still active and acting at age 93 – says, "Something quite extraordinary happens in *Jakes' Gift*. I'm a veteran of the Second World War and this play and its performance made a greater impact on me than all the memorial services I have ever attended."

Mackey observes that schools and the media now do a better job covering Remembrance Day. More of us are aware that vets are rapidly leaving us, especially after the recent death of the last survivor of the First World War. And technology has made it simple to search our own ancestry.

There are, of course, more veterans of all ages, from the forgotten Korean War and Bosnia to former peacekeepers to the Canadians who currently "serve" overseas in Afghanistan.

And once again war appears on screens in our homes, in newspapers and in conversations. As well, the face of Canada is rapidly changing, as immigrants – all too familiar with the sav-

agery of war and its innocent victims – arrive here.

Julia notes freeway salutes, the Fallen Hero and Memory Projects as evidence of the growing awareness of the importance of Remembrance. The latter provides opportunities for veterans to share their memories through oral interviews, digitized artifacts and memorabilia. It also provides a Speakers Bureau with 1,500 volunteers who visit classrooms and community groups in person or on-line.

Right now, there are new dimensions to contemporary Remembrance, other perspectives and stories from veterans, including Canada's badly tarnished reputation and poor voter turnout.

Bud Schaupmeyer, one of Julia's "boyfriends," told *Common Ground,* "I spent five years in the military during WWII – along with approximately one million fellow Canadians, one-tenth of the population – and did no more or no less than any other. We fought for democracy and against a Fascist regime. I feel we are, to a large degree, losing the former and becoming the latter.

"That may sound absurd on the face of it and I don't want to sound pessimistic, but many citizens are concerned about the concentration of wealth and power.

BEST OF FEST
2009 WINNIPEG FRINGE FESTIVAL & 2008 EDMONTON FRINGE FESTIVAL
★★★★★
*BEST NEW PLAY • BEST SOLO SHOW • BEST DRAMA • BEST FEMALE PERFORMER
*2007 VICTORIA FRINGE FESTIVAL & 2008 VICTORIA FRINGE FESTIVAL
jake's gift
The moving story of a WW2 veteran's reluctant return to Juno Beach
written and performed by Julia Mackey • directed by Dirk Van Stralen

That we are too closely following the US, where peace is a threat to the economy. Too many people are afraid to speak their views against things we know are not right. Instead, we just go along with it. Criminal activities are being downplayed, shoved under the carpet while ex-service personnel are deprived of the rights that governments are mandated to provide.

"I walk with two canes as a direct result of a wartime injury, from being blown away by a bomb. It should be pensionable. But long ago I gave up the fight when I was told to hire a lawyer," he added.

Mackey says frustration and abandonment are articulated in Rick Mercer's rant (http://www.youtube.com/watch?v=0DsJ8IhWO7w), in which he ridicules Canada's pushing those who served in the front line to the back of the line, advising elderly vets to get apps for their cell phones. "We have forgotten!" he concludes, given our current treatment of veterans.

Remembrance is about how we choose to treat our fellow human beings, all of them. It teaches that freedom comes at a price. And it provides ongoing motivation to be ever vigilant of those who seek profit from war.

Julia, with her director/partner Dirk Van Stralen, is on tour in the Maritimes this month. *Jake's Gift* is now being published and a study guide has been produced online. For more information, including how to book the play, visit www.jakesgift.com

Fan-funded films

Films Worth Watching Robert Alstead

Milton's Secret co-author Eckhart Tolle and director Barnet Bain.

Retiring VIFF artistic director Alan Franey said he was amazed only four 35-mm films screened at this past fest. Two years ago, he never expected digital projection to be adopted so quickly. Technology is also fast reshaping the way films are funded. Crowdfunding sites such as Indiegogo and Kickstarter, which launched a Canadian platform in September, provide filmmakers with a vital route for fundraising and getting the word out about a new project. In return for their money, funders can "claim" from a range of the filmmakers' "perks."

Hilary Henegar led a successful campaign to raise completion funding for *Fractured Land* (http://fracturedland.com/), a film about Caleb Behn, a young indigenous lawyer fighting the fracking industry in his traditional Northern BC territory. Vancouver directors Damien Gillis and Fiona Rayher had already gathered two years of footage when the team launched the month and a half-long campaign in December last year on Indiegogo.

"It's a fantastic tool," says Henegar, citing the "sense of ownership and engagement" it helped create among supporters, who in turn generated buzz about the film via social media. As the campaign built momentum, broadcasters started calling. She also felt the campaign "changed the frame" of the film from a "binary David and Goliath struggle... We felt less like the underdogs."

In the final week, the project surged past its target of $50,000 to $52,520 by campaign deadline (shortfalling campaigns pay five percent more in fees to Indiegogo). A total of 761 small funders contributed from $15 to $1,000 for perks ranging from networking tickets to handmade mukluk boots.

"It's a lot of work. You've got be prepared to work your ass off," cautions Henegar, who prepared for around six months and took another six months to recover. "I didn't want to hear the words 'fractured land' for three of those."

Another production currently in the middle of an Indiegogo campaign is *Milton's Secret* (http://miltonssecretmovie.com), an adaptation of the titular children's book by *Power of Now* author Eckhart Tolle and Robert Freidman, illustrated by Frank Riccio. The film, being made by Vancouver-based Hulo Films with the supporting sponsorship of the Dalai Lama Center, stars Peter Fonda and will be directed by *What Dreams May Come* producer Barnet Bain.

The producers have an ambitious goal to raise one million by November 8, 2013. They say that, with a good slice of the budget raised through their target audience, it will allow them to protect the "integrity of the message." Bain explains the film will "model a very different response to the challenge of being alive" through the story of a "stressed-out young boy, in a very stressed-out town, in a family where the marriage is coming apart." Bain fears the transformational nature of the film, speaking to one's inner life, would be compromised if it went through the "industrial filmmaking complex."

At time of writing, the campaign had reached $235,838 from 1,893 funders with 12 days to go. The role of the boy has not been cast, yet the campaign has pre-sold hundreds of digital downloads of the film and screenings in theatres and schools. Perks, such as visits to the set, tickets to the premiere (Thanksgiving 2014 is pencilled in) and even small talking parts in the film have all been "claimed." One funder stumped up $25,000 for a bundle of goodies. With the help of offline parties in Vancouver, Los Angeles and New York, the producers hope they will get the final surge to take them over the top.

Quick mention: *Take Back Your Power* is a documentary that questions the motives and health impacts arising from the ubiquitous installation of smart meters (www.takebackyourpower.net).

Robert Alstead is making **Running on Climate,** www.runningonclimate.com

... ***Chopra*** *from p.11*

Eli Lilly Company for three hundred million dollars.

In terms of food production, Canada is blessed. It could produce the healthiest and most abundant food supply. However, it does not. The food that Canada produces is considered internationally to be contaminated.

> Non-therapeutic uses of antibiotics to food-producing animals are not allowed in EU countries whereas in Canada and U.S. huge amounts of many different antibiotics continue to be used.

While rBST was not allowed to be used, concoctions of various other hormones continue to be fed and injected to stimulate meat production. Furthermore, farm animals are fed and injected many different antibiotics. Almost all meat-producing animals are fed on diets containing dead animal wastes. Finally, food crops which farm animals and people consume in Canada are grown from pesticide-dependent GMOs.

With exceptions, these products are not allowed to be utilized in any food-producing animals in E.U. countries whereas U.S. and Canadian governments hold a different view. Hormones, antibiotics and slaughterhouse wastes continue to be utilized in these countries. As a result, litigations have been going on in the World Trade Organization where parties accuse each other of causing trade barriers without producing the necessary scientific evidence.

Hormones used in beef stimulation have been shown to be complete carcinogens, meaning that they can initiate and promote cancer. Similarly, non-therapeutic uses of antibiotics to food-producing animals are not allowed in EU countries whereas in Canada and U.S. huge amounts of many different antibiotics continue to be used. Antibiotic use in farm animals is known to cause antimicrobial resistance in human pathogens, such as *E. coli*, *Salmonella*, VRE, MRSA, *Campylobacter*, *Clostridium difficile* and other organisms and many of these organisms are no longer treatable. Slaughterhouse waste is also completely banned in E.U. countries whereas these materials continue to be fed to food-producing animals in Canada. The feeding of slaughterhouse wastes can cause Bovine Spongiform Disease (BSE) in cattle and meat consumption from infected cattle can cause Creutzfeldt-Jakob Disease (CJD) in people.

All these practices are described in my book titled *Corrupt to the Core: Memoirs of a Health Canada Whistleblower*. There is enough food for everyone to eat but, as Mahatma Gandhi said, it will never be enough to satisfy greed. The number of farmers in the U.S.A. is one million whereas in India it is two hundred million. Much of the food that those one million U.S. farmers produce is from pesticide dependent GMOs made by multinational corporations like Monsanto, DuPont, Pfizer, Syngenta, BASF and others. Now, farmers are being enticed to turn food crops into producing the so-called green fuel ethanol [contributing] to road rage and climate change. The only solution to this madness is not to allow GMOs to produce any crops and cloned animals for food.

www.shivchopra.com

Cross Country Tour

Dr Shiv Chopra and Dr Thierry Vrain "Genetically Engineered Foods and Human Health" cross country tour starts in Victoria Nov. 15 Common Ground hosts them Tuesdays 7PM, November 19th in Vancouver at Canadian Memorial United Church, West 15th & Burrard see ad page 37.

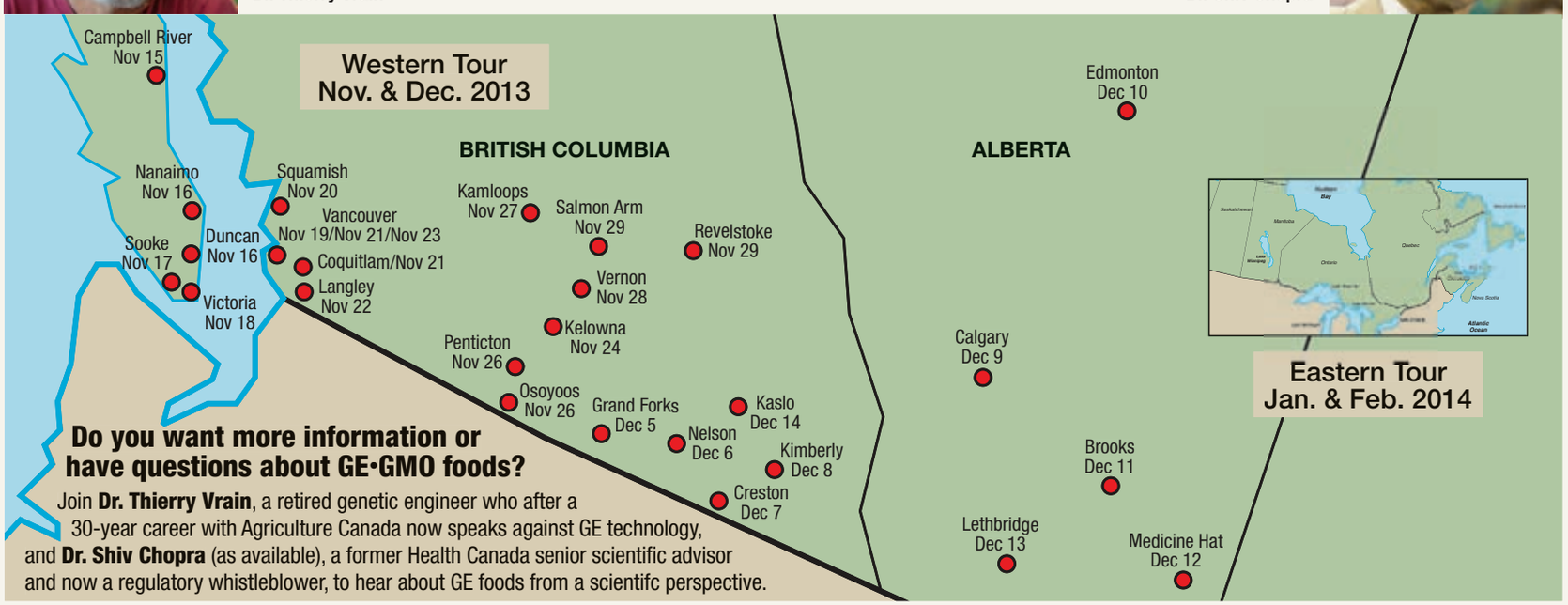
See map below and website for other tour dates and location. Plan now to attend and invite others.

Dr. Thierry Vrain

GENETICALLY ENGINEERED FOODS AND HUMAN HEALTH

Public Events in BC and Alberta, Nov.15 – Dec.15, 2013

Dr. Shiv Chopra



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Updates, outcomes & developments

Humanity is awakening to the dire straits in which it finds itself. On many fronts, grassroots movements are searching for solutions to myriad, mind-boggling problems and battling corporate greed that is rapidly choking life on the planet.

For more than three decades, Common Ground has bucked this tide, informing and engaging our 250,000-strong, rapidly growing readership in making healthy, positive life choices. Equally important are our invaluable advertisers. Publisher Joseph Roberts says, "Freedom of the press is only guaranteed when people buy ads." As you page through this issue, please take note of our friends and supporters who make this magazine possible.

In Ontario, the Minister of the Environment denied a request to regulate an environmental assessment of genetically modified (GM) alfalfa stating, "The public interest does not warrant an Environmental Bill of Rights review by the ministry." Ann Slater, Coordinator for the National Farmers Union in Ontario, responded to the news, saying, "We expected the Ministry to respond to the specific request made and in a review seek the evidence necessary for it to fully understand the implications of releasing GM herbicide tolerant alfalfa into the Ontario environment. We are very disappointed that, instead, it has decided to stand aside from this important public question. Dave Lewington, one of the two Ontario farmers who requested the assessment on behalf of many in the province, added, "We don't want it or need it and we will not surrender to the interests of big seed and biotech companies." .

The 13th annual conference Media Democracy Days (MDD) takes place November 8-9. "It's been quite a year for those concerned about democracy," says Dr. Kathleen Cross, chair of the Media Democracy Days organizing committee and Assistant Professor of Communication at SFU. "We have seen numerous cases where information that should be public is being restricted while information that should be private is exploited. These events have demonstrated the importance of investigating who collects and controls information and for what purposes. Now, more than ever, we need media that are not afraid to ask these question." See www.mediademocracydays2013.ca for a full list of events.

StopSmartMeters.ca is gaining support in BC for an Initiative vote on smart meters, similar to the successful referendum that obliterated the Harmonized Sales Tax. All objective evidence indicates BC Hydro's Smart Meter program is a multi-billion dollar boondoggle. The public monopoly's ill-conceived program is beset by technical troubles, with spotty coverage in terrain-challenged rural areas and "microwave leakage" of rapidly oscillating energy onto decaying power lines and household wiring.

Here's a quote from the site: "The technical challenges are the least of Hydro's problems. While most British Columbians are yet unaware of the scientific

evidence showing health risks associated with electromagnetic radiation (EMR) exposure from wireless smart meters, almost everyone knows that the program will not save us any money or reduce electricity consumption. Hydro bills are now hammering inflation-challenged households into candlelight and cold beans with unremitting rate hikes that will make the Fast Ferries fiasco resemble a yard sale of unwanted bathtub toys while our electricity consumption is not lowering." www.stopsmartmetersbc.ca

On November 5, residents of nearby Washington state vote on whether or not foods containing genetically engineered organisms should be labelled. If the bill passes, it will make Washington the third state to require GMO labelling. The bill, Initiative 522 or I-522, has proven to be as controversial as a similar bill defeated in California last year. Opponents of I-522 have raised over $17 million to fight it and most of that cash comes from food makers and major agribusiness firms like Monsanto.

Washington's Attorney General Bob Ferguson sued the trade association to disclose its contributors. The Grocery Manufacturers Association (GMA) complied listing 34 members, covering the gamut of processed and packaged food brands. The list included Campbell's ($265,000), Ocean Spray ($55, 313), Bumble Bee Foods ($36,000) and Del Monte Foods ($86,576). Top contributors include PepsiCo, Inc. ($1.6 million), its soft drink rival the Coca-Cola Company ($1 million) and Nestle USA, Inc. ($1 million).

Supporters of the labelling initiative have raised about $7 million for their campaign. Organizations that have come out in support of the bill include the Organic Consumers Association and the Consumers Union.

Among the encouraging news at press time was the rally of hundreds of people at New Westminster Quay protesting the proposed massive increase in US thermal coal shipments through Surrey, Texada Island and Georgia Strait on their way to China. For more information, visit www.communitiesandcoal.com

"The truth will set us free, all of us," said Jack O'Dell in the August issue of Common Ground, which celebrated the 50th Anniversary of Martin Luther King's "I Have a Dream" speech. Jack is the featured speaker at "Raising Peace, Fighting Oppression" at Canadian Memorial United Church, (corner of 15th and Burrard), November 10, 10:30AM. The service also features The Universal Gospel Choir

Finally, Rodney Crowell and Emmylou Harris, featured in last month's issue, earned the prestigious Americana Music Association's Album Of The Year and Duo/Group of the Year awards for their collaboration on Old Yellow Moon.

"Rodney and I, maybe we're just arrogant but we feel like we were Americana before it got a name," Harris told the massive crowd and media at the five-day festival. Crowell added, [the recognition] "means that we're still able to do what we started doing and I think, better. We're still standing."

Datebook Events

For rates & placements email
datebook@commonground.ca

NOV 5
Washington State Initiative 522: Tell your American friends to vote today to label GMO foods. Everyone has the right to know what's in their food. Donate at www.Yeson522.com

NOV 5
"What the Future of Humanity could be!" Book signing and introduction to the new book by The Aquarian Team with author Carmen Froment. Banyen Books, 6-8:30PM, FREE.

NOV 5
Chuck Spezzano Evening "Secret Healing Principles" Unity Church, 5840 Oak Street 7-10PM. Tickets $30 Banyen Books. Online $25, www.chuckspezzanoevening.eventbrite.ca

NOV 7-11
"Awakening With Gurpreet," an awakened teacher. Ask questions; receive direct answers. Release ego to Real Self. Holiday Inn, W. Broadway. Two sessions daily: 1PM/6:30 PM, $20/session. www.AwakeningWithGurpreet.com (604-589-3637).

NOV 8-9
Media Democracy Days 13th annual conference. 30 media speakers on the state of democracy in Canada's media. Organized by Simon Fraser University's School of Communication and Vancouver Public Library. Event info: www.mediademocracys2013.ca

NOV 8-10
Shamanic Power Initiations program: First weekend in a six-weekend program. Hosted by the Institute of Shamanic Medicine. Email info@shamanicmedicine.ca for more info. www.shamanicmedicine.ca

NOV 9-10
Vancouver Health Show: Vancouver Convention Centre, Canada Place. Sat:10AM-6PM; Sun: 11AM-5PM. Over 100 exhibitors with cutting edge health products & info. www.thehealthshows.com

NOV 10
J.Krishnamurti in Beyond Myth and Tradition series with Evelyne Blau: Meditation. Free DVD showing, dialogue, refreshments. Church of Truth, Victoria, BC. 2PM. Look us up on and register at www.meetup.com/The-British-Columbia-Krishnamurti-Group/ krishnamurtigroup@live.com 604-354-1534.

NOV 10
"Raising Peace, Fighting Oppression" – Jack O'Dell featured speaker at Canadian Memorial United Church, 15th & Burrard, Vancouver. 10:30AM. The Sunday service also features The Universal Gospel Choir.

NOV 15
A Quiet Place: Vancouver Chamber Choir performs new "Music for Healing" CD repertoire; clarinet, piano. Ryerson Church 8PM. $25.50-$30, www.vancouverchamberchoir.com

NOV 15
German New Medicine Seminar IA with John Theobald: Nov 15: 9.30AM-5.30PM, $125 + GST on or before Nov 14, $150 + GST/door. No Prerequisite. Pacific Institute of Reflexology (604) 875-8818 www.pacificreflexology.com

NOV 15-16
Jung Society presents Houston analyst and author Dr. James Hollis. Friday evening lecture & Saturday seminar. Details: www.jungvancouver.org and www.facebook.com/jungvancouver

NOV 16
Free Screening / Documentary Film: "GMO OMG" with Introduction by Arran Stephens. 7PM. Meditation & Ecology Centre, 11011 Shell Rd., Richmond. Linda, 604-985-5840. Drop-ins welcome.

NOV 16
"No Enbridge" Rally – A decision on Enbridge is looming. Together let's tell Stephen Harper that we will stop his pipeline and shift to a better future. 2PM, Rally @ Science World, 1455 Quebec St., Vancouver.

NOV 17
Group Past Life Regression – Relationship Karma with Rifa Hodgson, 10:30AM-1:30PM, West Van. Ambleside, Silk Purse, 1570 Argyle Ave. Registration $75, former clients $70 www.lifebetweenlives.ca/Events.htm, 1-888-606-8463

NOV 17
Meditation & the True Purpose of Life – Free Intro Workshop. 2PM. Meditation & Ecology Centre, 11011 Shell Rd., Richmond. Info/ Registration: Linda, 604-985-5840.

NOV 19
Genetically Engineered Foods and Human Health National Speakers' Tour with Dr. Thierry Vrain and Dr. Shiv Chopra, 7PM, Canadian Memorial United Church, 1825 W. 16th Ave. @ Burrard. By donation. Co-sponsored by Society for a GE-Free BC, Greenpeace Vancouver and *Common Ground*. gefreebc.wordpress.com, cban.ca

NOV 22-24
Whole Life Expo 2013: Canada's largest showcase of Natural Health and Green Living. Metro Toronto Convention Centre. Authors of One Great Year Tamara Veitch & Rene DeFazio will be appearing. www.wholelifecanada.com

NOV 23
"Honey, Where are my Keys? Keeping Our Minds Alert," Chuck Little, The Storyteller, PoCo Inn, 2:30-5PM, $45 (Bring guest FREE) 604-942-2842, reflectionsbooks@netscape.net

NOV 24
Thrive Optimal Health Series: Nourishment - the key to optimal health is a healthy gut. At Connect Health, 10AM-4:30PM, Choices Floral Gift Shop, in the Annex, 2615 West 16th Ave. With Dr. Lawrence Cheng, Dr. Ashley Riskin, Dr. Saul Pilar & other health professionals. www.connecthealthcare.ca

NOV 24
J.Krishnamurti in Beyond Myth and Tradition series with Evelyne Blau: Death-Leaving the Stream. Free DVD showing, dialogue, refreshments. Vancouver Public Library downtown, 7th Floor, Board Breakout Room, 2PM. Look us up on and register at www.meetup.com/The-British-Columbia-Krish-namurti-Group/ krishnamurtigroup@live.com 604-354-1534.

NOV 30 – DEC 1
Energy Healing I & II, Saturday-Sunday, 10AM-5PM, $50 each day at Master Sha's LPH Centre, 1280 Odlum Drive, Vancouver. www.lovepeaceharmonybc.com

TUESDAYS
Reflexology Student Clinic 6–10pm. One- hour sessions $20. By appointment only. Pacific Institute of Reflexology (604) 875-8818. www.pacificreflexology.com

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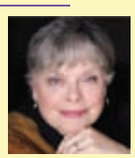

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Society for a GE Free BC, Greenpeace Vancouver and Common Ground co-sponsor this tour to raise awareness and educate. The Tour features: Dr. Thierry Vrain, former Agriculture Canada scientist for 30 yrs, with Dr. Shiv Chopra, former Health Canada scientist for 35 yrs and a tireless protector of the food supply worldwide.

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Songs to die for, or not

"The only good thing that has ever come out of a war was a song," Johnny Cash once said.

Through much of history, music has marched in intimate lock-step with war, first on the battlefield, then back at home. But Vietnam – the rock and roll war – was a different tune. The delivery of music, as well as munitions, fundamentally changed and the protest song became a powerful force, sounding alarms through the fog.

Music has played myriad roles in conflict. Ancient Greek and Roman armies used percussion and brass as signals, relaying messages about enemy locations and orders from leaders. In the *Bible*, Joshua blew a ram's horn for seven days and the walls of Jericho came tumbling down. It may have actually been a coincidental earthquake, but it struck the fear of God in the Canaanites and fired up the Israelites.

"The Forces Sweetheart" Vera Lynn (Smithsonian collection)

As far back as the Dark Ages, Celts went into battle, dressed as barbaric warriors playing horns, drums, and most importantly, blood curdling bagpipes, boosting their own morale while intimidating their enemies. During America's Civil War (1861-65), Confederate hero Robert E. Lee remarked, "Without music there would have been no army." To soothe a nation literally coming apart, as well as to uplift troops, that war produced its share of popular compositions still played today, such as *The Battle Hymn of the Republic*, *When This Cruel War is Over*, *Aura Lee*, Stephen Foster's *Hard Times Come Again No More* and *Taps*.

WW1, "the war to end all wars" – 1914-1918 – was a bloody and horrific struggle that forever changed the way war was fought: horses were replaced by tanks, rifles transformed into machine guns, not to mention gas. To cope, songs of this war were sung in pubs, music halls and social gatherings, as well as in tents, dugouts and trenches – as a way to never forget.

Sheet music was ubiquitous and publisher Leo Feist opined in the widely read *Saturday Evening Post* and elsewhere, "Music will help win the war. A Nation that sings can never be beaten. America's war songs are spreading throughout the world and are being hailed as an omen of victory. Songs are to a nation's spirit what ammunition is to a nation's army. There isn't anything in the world that will raise a soldier's spirits like a good, catchy marching tune."

gravestone photo © Stockcube

Composers became soldier-like, scrambling to create songs in the fervour of the war effort on the home front, churning out, *Keep the Home-Fires Burning ('Till the Boys Come Home), Pack up Your Troubles in Your Old Kit-Bag (and Smile, Smile, Smile)* and *Over There*. *When Johnny Comes Marching Home* was re-purposed from the US Civil War and popular British marching song *It's a Long Way to Tipperary* portrayed the longing for home that came home and stayed.

World War II was the first conflict in the age of centralized, electronically mass-distributed music. Sound had come to the movies, including newsreels. Most Americans now had radios and in Nazi Germany households with radios increased four-fold. The number of listeners to a single performance of a recording or broadcast skyrocketed and with it the power to determine and control who listened to what.

"Entertainment is always a national asset. Invaluable in time of peace, it is indispensable in wartime,"said US President Franklin D. Roosevelt. The US didn't need a Propaganda Minister. Music automatically reflected the government's primary interest; the desires of most people were in line with leaders.

Lili Marlene, written by Norbert Schultze, was one of the most popular songs, sung by both the Axis and the Allies and also used by each side as propaganda. Music was also censored; the American hit *Coming in on a Wing and a Prayer*, for example, was edited at the BBC because of its almost blasphemous mix of religious words and foxtrot melody.

England's Vera Lynn became "The Forces Sweetheart," singing emblematic and timeless songs such as *(There'll Be Bluebirds Over) The White Cliffs of Dover* and *We'll Meet Again*. The lyrics live on and the latter song shows up in an apocalyptic scene in the movie *Dr. Strangelove* – "Don't know where, don't know when / But I know we'll meet again some sunny day."

But the most popular music was Swing, played in large dance halls and clubs, frequented by soldiers home on leave or leaving home for the theatre of war. It was music tailor-made for the troops, USO tours and the selling of war bonds. The music was orchestral, hopeful and highly danceable, such as, *When the Lights Go on Again (All Over the World), Ac-Cent-Tchu-Ate the Positive* and *Boogie Woogie Bugle Boy.*

Perhaps the most popular swing band was Glenn Miller's, with big hits such as *In the Mood*, *Pennsylvania 6-5000* and *Chattanooga Choo Choo*. While he was travelling to entertain US troops in France, his aircraft disappeared in bad weather over the English Channel. He is listed as "Missing in Action," but his music lives on from an age when jazz was born. Hitler hated jazz and banned it throughout Germany and occupied Europe. The world, however – including low flying German pilots on bombing missions – tuned in the uniquely American, mostly Black music, which represented a defiant hope for real liberation and freedom and in many ways the soundtrack for the war.

Aldous Huxley observed, "After silence, that which comes nearest to expressing the inexpressible is music." The lives and the messages portrayed through music had, and still have, more impact on people than history books and newspapers.

Glenn Miller postage stamp (Smithsonian collection)

For a musical journey well worth remembering, Google CBC Radio's Remembrance Day playlist for WW1 and WW11.

Common Ground will celebrate the colourful and inspiring history of the anti-war song in the New Year with a list of those that had an impact and continue to live on. Got a favourite? Please email the title and a few words explaining why to: brucemason@shaw.ca

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